Hannaford

fresh

CREATIVE COMBINATIONS
Discover novel uses for prepared pizza dough
p. 40

Sept./Oct. 2013
hannaford.com

$2.00 OR FREE WITH PURCHASE OF $25 OR MORE

So Much Flavor In So Little Time.

Cook's Everyday Cuts®

The new quick and easy way to make something different for dinner is here. **Cook's Everyday Cuts®** are a delicious change of pace for any day.

With Chops, Steaks, Mini-Hams and Breakfast-Sliced Smoked Ham, they're the perfect size for you or your family for a variety of meal solutions. And no matter which Cut you choose, you get the tender authentic taste of Cook's® bone-in ham in every bite.

Find us on Facebook

Find fast & flavorful back-to-school ham recipes at MyCooksHam.com

Find these in your **Hannaford's** refrigerated meat section

Ham Chops & Scalloped Potatoes Serves 4

Ingredients:

- 4 cups frozen shredded hash brown potatoes
- 1 (10¾ oz.) can condensed cream of mushroom soup
- 2 tablespoons finely chopped red onion
- 1 cup (4 oz.) shredded Cheddar cheese
- ½ cup (2 oz.) shredded Swiss cheese
- 1 package Cook's® Everyday Cuts® Ham Chops

Preparation:

1. Heat oven to 375 F. Combine hash browns, soup and onion in greased 9x13-inch baking dish.
2. Sprinkle top with cheddar cheese. Arrange ham chops on top of cheese in a single layer.
3. Cover and bake at 375 F for 30 minutes. Remove cover, sprinkle Swiss cheese over chops. Return to oven for an additional 15 minutes.

See coupon on Coupon Page in the back of the publication.

Hannaford

fresh

HANNAFORD
AND MARKETING
Andrea Faugere
Julie Gagnon
Julie Gerow
John Johnston

THE POLLY COMPANY
CHIEF CREATIVE OFFICER
Kevin Miller

EXECUTIVE EDITOR
Aileen Dugleb

FOOD EDITOR
Lisa Stern

CONTRIBUTING EDITOR
Alyssa Gamble

SENIOR MANAGING EDITOR
Lori Pan

COPY EDITOR
Carol Ferrell

CONTRIBUTORS
Brooks, Mary Beckler MS RD
Dickinson, Jane Dorthea A
Fritz Graham, Martha Adams of
Matthew Bailey MS RD Anne
Meghan Brooks Leslie Andrea
Kimberly Wagner Marianne Kourtne MPH RD
CPH Laura Wolf Lisa Zaiers

RECIPE TESTERS
Julie Cotter Wendy Clark
Vivienne Coleman Paula Dubeau
David Graber Heidi Jacques Ann Magnan
Elizabeth Marsden Ann Smith

SENIOR ART DIRECTOR
Carolyn Brown

PRODUCTION MANAGER
Lisa Geraldini

MANAGING SUPERVISOR
Jennifer Fraser

The Polly Company
Concept and Marketing
and Publishing Services
www.polly.com

[illegible] The Polly [illegible] Hannaford
[illegible] publisher
[illegible]
The Polly [illegible]
[illegible] Hannaford Supermarkets
[illegible] The Polly [illegible]
[illegible] the publisher and Hannaford
[illegible] the publisher or Hannaford
[illegible]

[illegible] advertising in fresh magazine?
Start free trial today! 207 699 3143
[illegible]

Hannaford fresh is printed on recycled paper.

WELCOME

It comes down to
consistently providing
outstanding service
healthy and affordable
choices local products
fresh foods and
good prices

Dear Readers

As summer comes to an end and the fall season begins it feels like the right time to transition to hearty meals. This edition of fresh includes lots of ideas for make ahead meals like our "Bowl of Comfort" feature which highlights slow cooker autumn stews you can prepare in advance allowing you and your family to come home to a great dinner

Our focus isn't only on helping you save time – we're also helping you save money As you shop in our stores I hope you've seen that we have lowered prices on a broad range of items in every department and aisle

Our goal is to make it easier for you to meet your grocery and household needs each time you visit Hannaford To us it comes down to consistently providing outstanding service healthy and affordable choices local products fresh foods and good prices.

We appreciate your business and look forward to seeing you again soon Thank you for shopping with us.

Sincerely

Brad Wise

BRAD WISE
President Hannaford Supermarkets

stay connected with us!

Be a part of the Hannaford community:
Follow us on Twitter become a fan on Facebook Sign up for Hannaford emails

Q: I love making homemade pizza with your ready-made dough, but when I stretch the dough I sometimes end up with holes. What can I do to keep it from tearing?

LAWRENCE O'TOOLE
[illegible] Mass.

A: Start by lightly flouring your hands and work surface to prevent sticking, then form a flat round of dough and pinch around the edge to make a ridge (or "lip"). With the flat part of your palms, gently stretch the dough outward in all directions, working from the center to keep it even. Turn the dough 90 degrees (a quarter turn) a few times as you stretch it (if you work too quickly the dough will tear). When the dough is the size you want, move it to your pan, add toppings, and pop it in the oven. For more on handling dough, see page 42.

Q: During a recent cupboard reorganization, I found half a dozen types of vinegar — red wine, white wine, rice wine, cider, distilled white, and more. Other than the original ingredient, what's the difference between them? Can they be used interchangeably? Most of them go in recipes at the rate of 1 Tbsp. in a cup of liquid ingredients, some of which are salty like soy sauce, and others spicy like gingery stir-fry sauces. Besides the difference in color, at that dilution, would it affect my recipe if I ran out of rice wine vinegar and used champagne vinegar instead? I know that balsamic vinegar is a whole other category and that one I use only as instructed. Thanks for any input you can provide.

ANN LIBURT
[illegible] Ill.

A: Vinegars have varying flavor profiles. Sweet and mild rice vinegar, for example, isn't really interchangeable with wine vinegars.

Distilled white is a good one to use when you don't want any flavor to come through, or if those fun baking-soda experiments (like the classic volcano) with kids.

Wine and champagne vinegars are good choices for salad dressings — since at least 25 percent of the dressing is vinegar (the classic proportion is three parts oil to one part vinegar), you'll want a vinegar with a flavor you like. Wine vinegars also work well for marinades, as do cider vinegar and flavored vinegars like raspberry. A little vinegar does go a long way, and fortunately they last a long time.

We'd Love to Hear from You!

Please send your questions, comments, suggestions, and culinary musings to freshmagazine@hannaford.com or fresh magazine, P.O. Box 1000, Portland, ME 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on Hannaford stores, visit hannaford.com and click on the Contact Us icon at the top of the page, then select Feedback; or call 800 213-0040.

VEGETARIAN FREEZABLE hannaford.com

Indicates a recipe that earned Guiding Stars.

Always check the ingredient statement on packaged foods and spices to make sure contents are gluten free. All ingredients may not be available in all stores.

FRESH FORUM

Recipe Makeover Contest

Enter your healthy redo of a familiar traditional recipe – or a family favorite

Do you have a recipe you've always enjoyed – but maybe feel a little guilty about? A wedge salad, clam chowder, deep fried chicken? Let our annual contest inspire you to make a healthier version! Create a delicious way to cut down on that guilt – along with some or what makes the dish a less than stellar nutritional choice (like fat, added sugars, and salt) – and enter the contest!

Recipes can be for an appetizer, soup, salad, entrée or dessert. Entries must include both the before and after versions of the recipe, and the made-over version must demonstrate an improvement in nutritional quality.

It's easy to enter the Recipe Makeover Contest! Just type up both the before and after versions of your recipe and include the following information at the top: your name, address, phone number, and email address.

The Rules

- Recipe makeover must be your original recipe
- Recipe makeover must demonstrate an improvement in nutritional quality as measured by our judges using USDA standards
- One entry per person
- Deadline: November 1, 2013

Email your recipe as a .doc/.docx attachment (not a pdf) to freshmagazine@hannaford.com with "Recipe Makeover Contest" in the subject line. Or mail your recipe to Recipe Makeover Contest, P.O. Box 120464, Boston, MA 02112-0464. For complete official rules that govern this contest, write to the same address.

Prizes

- Grand Prize (1 winner): $1,000 Hannaford Gift Card
- Second Place (1 winner): $750 Hannaford Gift Card
- Third Place (1 winner): $500 Hannaford Gift Card
- Honorable Mention (6 winners): $50 Hannaford Gift Card

NEW

So Dippin' Good!

MADE WITH TRADITIONAL GREEK YOGURT

DANNON

OIKOS Dips

FRENCH ONION

TRADITIONAL GREEK YOGURT

Available in Four Delicious Flavors

French Onion

Roasted Red Pepper

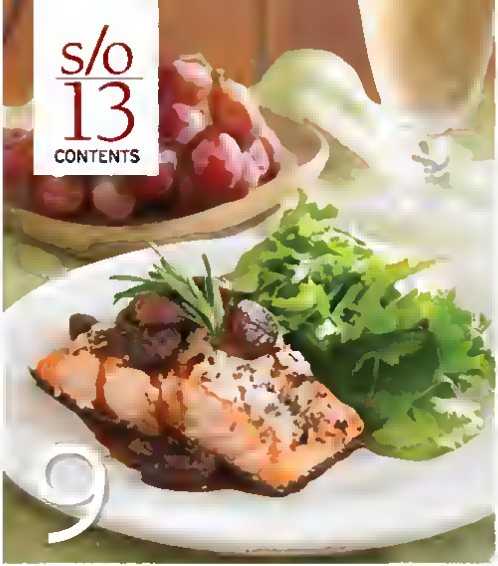
Cucumber Dill

Vegetable & Herb

DANNON®

s/o 13

CONTENTS



in every issue

MAKE-AHEAD MEALS

Spend less time in the kitchen with satisfying recipes you can prepare in advance

ON THE COVER: Flatbread with Dill, Smoked Salmon, and Lemon Yogurt Sauce. See page 42 for the recipe. Photograph by Mark Ferri.

go online

Like what you see in the magazine? Go online and visit **hannaford.com** for more great recipes from this issue.

POWER FOOD

grapes

IT'S EASY TO TAKE GRAPES FOR GRANTED: fresh, tasty, and available year-round, they're one of the most popular fruits. But grapes have a long and storied history. Cultivation of the fruit goes back as far as 8,000 years, spreading from what is now Georgia, Armenia, and Azerbaijan to Greece and into the rest of Europe. Much of that early viticulture was associated with making wine, but table grapes have also long been popular. The first California table grape vineyard was planted in 1839, and fresh table grapes arrived in eastern markets in 1849. Since then, grapes have proven themselves a healthful, portable, economical snack that kids – and parents – love, and that must be why the per capita consumption of grapes in the U.S. is more than 8 pounds a year.

–Jane Dornbusch

heard it through the grapevine

GRAPES ARE AS SWEET AS CANDY – which is one reason they appeal to kids – but they're considerably more nutritious, with polyphenols to help promote heart health and cell function; resveratrol, also considered a boost for heart health and a possible protection from certain cancers; and potential benefits for eye, brain, bladder, and liver health. They also may help lower blood pressure in people with metabolic syndrome, which is a combination of risk factors. Plus grapes are low in calories and a source of potassium, which helps counteract the effects of sodium in our diets – another way grapes can help our blood pressure and heart health.

great grapes

Grapes are one of the easiest fruits to eat out of hand: small, portable, tasty, nothing to peel and (in many varieties) seedless, no preparation required. Those qualities also make it a snap to add grapes to any number of sweet or savory dishes – wherever a bit of something sweet, tangy and juicy is wanted. Here are some ways to use grapes in the kitchen.

- Roasted grapes and sausages are an Italian classic
- Toss a handful of halved red grapes into chicken salad
- White gazpacho, an almond-based cold soup from southern Spain, is typically finished with green grapes
- Concord grapes lend their distinctive taste to an old-fashioned treat: Concord grape pie
- Try adding finely chopped grapes to a green tomatillo salsa

A BUNCH OF BENEFITS

Sweet, juicy grapes are bursting with health benefits. It doesn't matter what color you choose, both dark and light grapes are rich in their own mix of antioxidants and vitamins. Darker grapes do have more of the antioxidant resveratrol, which may protect against diseases like cancer and diabetes, but to get the full benefit of grapes, enjoy a mix of dark and light right off the stem – not to mention in jams, juice, and vinegars. Other popular uses for grapes are raisins, grape seed oil and wine.

Raisins. Drying sweet grapes gives us raisins, an energy boosting snack that's rich in iron and fiber as well as antioxidants.

Grape seed oil. The heart benefits of this versatile oil include decreasing "bad" and increasing "good" cholesterol. Grape seed oil is also used in soaps and skin-care products.

Wine. Both white and red wine derive health benefits from grapes, but red wine has been more celebrated recently for its resveratrol content.

tips for buying grapes

[illegible]

A delicious **Salmon with Balsamic Roasted Grape Relish** recipe is only a click away at hannafordcom.

SALMON WITH BALSAMIC ROASTED GRAPE RELISH

PAGE TWO: TOP-RIGHT ON THE PAGE: STRUCTURE GARDEN SALAD; PHOTOGRAPHS: HEATH ROBINS; FOOD AND PROPS: MIC CARTER; STYLE: MIC

sustainable shopping

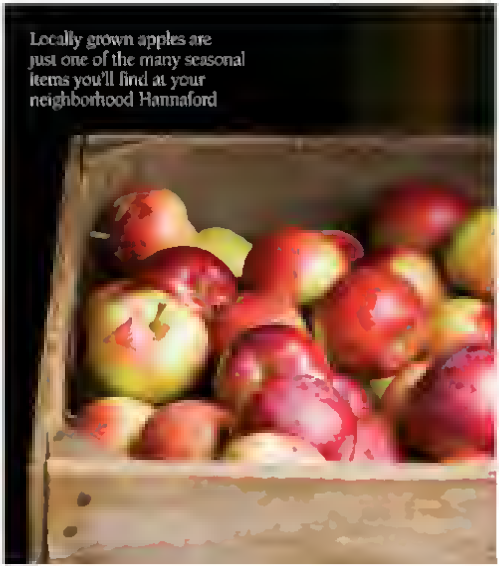
good for you, good for your community

By Erin Graham

AT HANNAFORD, we're proud of our longstanding commitment to connecting our customers with local farmers and suppliers. In fact, we got our start in 1883 selling locally grown vegetables from a pushcart on the waterfront in Portland, Maine. These days, we're just as dedicated to helping you shop locally and sustainably.

At your neighborhood Hannaford, you'll find an array of seasonal items and products that can help you feel good about what you buy. By working with more than 120 grower partners throughout New England, we have a bounty of locally grown items (look for that Close to Home® label) especially in the late summer and fall. Because local products don't have to be transported as far, treats like Close to Home sweet corn are bursting with freshness and flavor — much of our corn is available in-store the same day it's harvested.

This apple season, you'll find a wide selection of New England–grown crunchy apples. Other seasonal fare from area farmers is, of course, region-specific. Depending on where you live, you'll find items such as Vermont potatoes, Maine cranberries, and locally grown rutabagas, pumpkins, and gourds. What's more, all the seafood products sold in our stores are fully traceable to a wild fishery or farm, and come from sustainable sources.



Locally grown apples are just one of the many seasonal items you'll find at your neighborhood Hannaford.

You can also find a range of specialty wares produced by local vendors — local jams, honey, maple syrup, yogurt, cheese, beer, and more. Take a spin down the Health and Beauty aisle, and even the Pet aisle, for more than 4,000 varieties of Close to Home®-tagged products, all made by local suppliers. And look in the Bakery for breads and treats like fresh doughnuts, made by local bakers in our communities.

And don't forget, this fall, watch for our annual weeklong Harvest Sale, which showcases our locally produced food and introduces you to our local partners.

SEAFOOD YOU CAN TRUST

You can feel good about buying seafood at Hannaford because all the seafood in the [illegible] we offer – fresh, frozen, or canned – is responsibly caught. That includes items like soups and chowders that have fish as an ingredient, adding up to more than 2,500 seafood choices sourced in ways that will protect marine resources for generations to come. Our stores offer the widest range of sustainably sourced seafood of any major grocery chain in the country, with every single product traceable to a responsible source. For more information on sustainable seafood at Hannaford, visit hannaford.com.

Q&A

Brian Spinks

[illegible] CLIFTON PARK [illegible]

Savvy shoppers know that one of the best places to get tips on cooking any cut is right there at the meat counter. Butchers like Brian Spinks — an in-house expert who's popular with customers at our Clifton Park, N.Y., store — welcome questions that draw on their specialized knowledge and experience. We asked Brian to share some of his expertise.

Can customers get your advice when they have questions about what or how much to buy? What about cooking tips?
Customers can always ask our advice — that's why we're here. I want our customers to have the right amount and the right cut. Just as important is correctly cooking the meal. I like to ask how they're preparing it and that often leads me to either recommend a tips or to a cut they haven't tried yet.

The complimentary seasoning that's available at the Butcher Shop is a great service. What cuts are available for those free rubs?
Our rubs go great on everything from steaks, pork, chicken, and even on roasts.

If I want to try a recipe that calls for a cut I don't see in the meat case, can you help me find it?
Yes, this happens a lot. This is also another opportunity for us to suggest different cuts the customer might not know about.

Can you custom cut something for me? Do you need much notice to do that?
Custom cuts set us apart from other stores. We can custom cut an order while the customer waits.

What about special orders? Are these possible? What sorts of things might be special ordered?
We are always happy to do special orders, which are usually larger quantities. These can be certain types of roasts or they can be other cuts of beef or pork.

turmeric

Even if you've never graced your spice rack with turmeric, you may already be familiar with it from tasting curry and mustard. A relative of ginger, turmeric is probably best known for the bright yellow color it lends to many condiments — like ballpark mustard. It is also used for color and flavor curries, pickles, relishes, chutneys, rice dishes, butter, and cheese.

But turmeric, also called Indian saffron, offers much more than color and flavor. The spice, which comes from the root of the Curcuma longa plant, has been considered a healing herb for thousands of years in India, and it has been used as a powerful anti-inflammatory in Chinese and Ayurvedic systems of medicine.

Like its plant relative ginger, turmeric is used to ease digestive problems and may also alleviate osteoarthritis pain. Other purported benefits of turmeric — including fighting ulcers and treating hepatitis and Alzheimer's disease — have yet to be sufficiently studied, though there is ongoing research in these and other areas of health.

pasta perfect

A family-pleasing answer to the "What's for dinner?" question is as close as the Deli department. Whether you're looking for an easy to make gourmet entrée or a healthy kid-pleasing main dish, our fresh pastas are the perfect go-to. You'll find classic cut pastas – versatile linguine, delicate angel hair, and tender lasagna sheets – ready for your favorite sauces, as well as delicious ravioli and tortellini in a wide selection of perfectly seasoned fillings.

Bursting with Flavor

Our assortment of Hannaford® and Taste of Inspirations® fresh pastas includes a delicious array of filled pastas for every taste. Kids will love Hannaford® Mac & Cheesy, a fun fish shape stuffed with a blend of melting mozzarella and creamy ricotta, while grown-ups will savor decadent Taste of Inspirations® Lobster & Shrimp Ravioli, filled with tender lobster and shrimp in a delicate sauce of fresh herbs and artisanal cheese. Or for a quick, delicious weeknight dinner try a fast and flavorful favorite like classic Taste of Inspirations® Italian Sausage Ravioli or Chicken Florentine Ravioli, or upgraded comfortes like Taste of Inspirations® Oven Roasted Mushroom and Three Cheese Ravioli or Hannaford® Chicken & Bacon Tortellini. *Buon appetito!*

introducing

WHAT'S NEW AT HANNAFORD

Hannaford® Laundry Detergent

Save money without sacrificing cleaning power with the enzyme action formula of new Hannaford® Laundry Detergent. Available in three varieties – Original, Breeze, and Free and Clear – each is tough on stains. Expect whiter whites, brighter colors, and the odor eliminating clean you want – even in energy-saving cold water.

Hannaford® Cereal Bars

Making smart food choices is a great way for both kids and grown-ups to stay in top form throughout the day. And with convenient Hannaford® Cereal Bars, you can get a nutritious boost whenever you need it. Just toss in a backpack or briefcase, or stash some in the car for on-the-go snacking. Made with real fruit filling, our low fat cereal bars come in Blueberry and Apple Cinnamon.

Not all products are available in all stores.

TEST DRIVE

flavored hummus – our reader panel reports

By Erin Graham

In addition to popular original hummus, this nutritious spread is now available in a range of tasty choices – some are full-bodied and richly textured with bold flavors, while others contain delicate subtleties that linger on the palate. Here, our testers reveal their favorite flavored varieties, which run the gamut from refreshingly mild to blends bursting with bold spices.

"We loved Taste of Inspirations® All Natural Roasted Garlic" – AMY WHITTAKER

Taste of Inspirations® All Natural Roasted Garlic Hummus

Tribe Forty Spices Hummus

Taste of Inspirations® All Natural Red Pepper Hummus

Sabra Spinach and Artichoke Hummus

OUR HEALTHY HUMMUS PANEL

AMY WHITTAKER
Five Islands, Maine
Homemade hummus tends to be grainy. We loved the smooth and creamy consistency and the chunks of garlic in the Taste of Inspirations® All Natural Roasted Garlic, and its strong but pleasant garlic flavor.

PHIL COCCHIARO
Goffstown, N.H.
Taste of Inspirations® All Natural Red Pepper was my favorite: sweet... slightly smoky smooth, and delicious. We kept going back for seconds... and thirds. The grandkids and my dad cleaned out the container!

CHRIS MCCANN
Clarendon Springs, Vt.
Sabra Spinach and Artichoke is a seriously gourmet tasting hummus – buttery, a bit salty rich, and fragrant. It really stands out as its own. I used it on a nice whole wheat baguette and a simple sour dough boule.

CATHY SADLER
Lancaster, Mass.
Tribe Forty Spices is exotic, zesty, and spicy. It would pair well with Thai or Indian food. The consistency is rich and creamy, and it packs some heat. I'd definitely buy this again and serve it as part of an interna tional meal.

lunchbox safety

Tips for keeping kids' lunches fresh between the kitchen and the classroom

Sending kids off to school with a nutritious lunch is a great way to keep them healthy. But it's important to make sure their food stays ready to eat until lunchtime rolls around.

Zip It
Pack foods that need to be at a certain temperature (whether warm or cool) in an insulated zip-close bag. Tuck in a reusable ice pack to keep cold food safely chilled.

Chill Out
Juice boxes can freeze easily. The thawing juice box will help keep the rest of the lunch cold, and it will still be nice and cool at lunchtime.

Keep It Clean
Kids aren't always the tidiest eaters, so keep their lunch containers clean by washing or wiping them down regularly. Also be sure to emphasize the importance of washing hands before touching food.

wheat in the hot seat

Thinking of going wheat free? Here's what you need to know

By Marianne Romano, MPA, RD, CDN

WHEAT HAS long been a staple in the American diet. Particularly when it's consumed as a whole grain, wheat can be an important source of fiber, vitamins, and other nutrients. But people with conditions such as a wheat allergy, aren't able to eat wheat, and those with celiac disease (an autoimmune disorder) and gluten intolerance must avoid gluten, a protein found in wheat, rye, and barley.

Symptoms of these three conditions vary greatly: a wheat allergy can present as a rash or even anaphylactic shock. It can cause gastrointestinal problems such as abdominal pain, bloating, gas, constipation or diarrhea, which are also commonly seen with celiac disease and gluten intolerance. Celiac disease may also cause dermatological problems, depression, headaches, and even infertility as well as malnutrition. If you think you may have one of these three conditions, it is important to see a doctor for the appropriate tests.

Lately, though, there have been a lot of arguments in favor of giving up wheat. Even people who *haven't* experienced these symptoms or been diagnosed with these conditions have begun to experiment with a wheat- or gluten-free diet.

Several diet plans have been appearing recently, making the claim that giving up the grain can help dieters shed pounds and fight inflammation and other adverse health effects, and you'll find proponents making that case in books and on the Internet.

As a nutritionist and registered dietitian, I'm dubious about whether an entirely wheat-free diet is necessary for those who don't have a medical problem with wheat or gluten. Then again, as someone who is gluten intolerant, I know that it's possible to eat well without eating wheat. If you feel that you'd benefit from a wheat- or gluten-free diet, there are ways to try it without sacrificing your health.

Most important is replacing the fiber and nutrients you lose by cutting out wheat, because fiber helps you feel fuller longer, helps with digestive health, and aids in the prevention of obesity, diabetes, and heart disease. Look for gluten-free whole grains, like rice and oats (gluten-free variety), ground flax seeds and chia seeds — even popcorn can add some fiber to your diet. Cereals, breads, and pastas made with corn, buckwheat, arrowroot, millet, quinoa, potato, sorghum, amaranth, or [illegible] tapioca, people from [illegible] free if they feel they should — I just encourage them to eat a healthy diet if they do decide to eliminate it.

Marianne Romano, MPA, RD, CDN, is a Registered Dietitian in [illegible] Clifton Park and Colonie, N.Y. [illegible]

SHOP SMART

Take advantage of Hannaford's free in-store nutrition demos, taught by registered dietitians on a range of healthy living topics.

SEPTEMBER

Week of 9/1: Root Veggies
Week of 9/8: Digest Well with Fiber & Probiotics
Week of 9/15: Lunchbox Ideas
Week of 9/22: Crockpot Ideas
Week of 9/29: Sandwich Makeover

OCTOBER:

Week of 10/6: Women's Health
Week of 10/13: Gluten Free Demos
Week of 10/20: Healthy Halloween Treats
Week of 10/27: Fuel Your Kids Right

Check your local store for in-store demo and class availability.

make-ahead lunches

ideas for filling, portable meals

By Sandra Gordon

SURE, BREAKFAST has its benefits. But lunch is just as important, for both kids and adults. The noon meal helps fight fatigue so energy levels don't take a midday dive, and keeps hunger at bay so you won't be so tempted by the vending machine, the food court, or the office goodie jar. You'll concentrate better all afternoon too. It's easy to let lunch slide or just pull up to the drive-thru. A better idea? Stockpile fixings on the weekends so you'll have lots of options all week long.

Here are a bunch of healthy lunch ideas the whole family will love. Add a fruit and a low-calorie beverage — such as seltzer, sugar-free iced tea, or nonfat milk — and you're good to go.

Salmon salad: Canned salmon is a mega source of brain- and heart-healthy omega-3 fatty acids. It's low in mercury too. Mix a can of salmon with low-fat or fat-free mayonnaise, plain yogurt, chopped celery, capers, and a bit of black pepper. In the morning, just spoon onto whole grain bread or leafy greens.

Mexi roll-ups: Spread refried beans on a whole wheat tortilla. Sprinkle with shredded cheese such as Cabot Light Cheddar and salsa and roll up. When it's time to eat, heat in the microwave until the cheese melts.

Souper satisfying: Make a big batch of lentil soup and serve with whole wheat crackers.

Pocket power: Stuff a whole grain pita with hummus or your favorite cheese and sliced-ahead veggies, such as tomatoes, cucumbers, onions, red peppers, and romaine lettuce or spinach.

It's a wrap: Wrap leftover sliced chicken breast in a whole wheat tortilla or flatbread with romaine lettuce, sliced tomatoes, and low-fat Caesar dressing.

Go nuts parfaits. Layer nonfat plain Greek yogurt with fresh fruit and low-fat granola or nuts, such as almonds, walnuts, and peanuts. Nuts are loaded with healthy fat, vitamin E, protein, and fiber.

The noon meal helps fight fatigue so energy levels don't take a dive and keeps hunger at bay so you won't be so tempted by the vending machine

ASK THE PHARMACIST

To help your child stay healthy, [illegible] applied Debbie Anderson, Director of Pharmacy [illegible] buying a children's multivitamin.

- **Does my child really need a multivitamin?** With the exception of picky eaters, "most kids don't need a multivitamin because so many foods are fortified with vitamins and minerals these days," Anderson says.
- **How can you tell which multivitamin would be best?** Read the labels and look for a multivitamin with the key nutrients: vitamins A, B, C and D and calcium, advises Anderson, but don't buy a multi with more than 100 percent of any nutrient. Too much of a good thing can be harmful. Purchase a children's multivitamin with [illegible] your child's [illegible]

embracing gluten free

by Meghan Rowley Little

Maria Lick has been cooking since she was a teenager. When her daughter was diagnosed with celiac disease, an autoimmune condition characterized by intolerance to gluten (for more on gluten see page 15), she became more attentive to the healthfulness of her ingredients.

"I have to make sure there's no cross-contamination when I prepare my daughter's food," Lick says.

Lick is keen on providing meals that are both safe for her daughter and tasty. "I like to experiment by making traditional recipes gluten free," she says. She shares her recipes on her blog, glutenfreesalie.com.

Lick has learned a few tricks for enhancing the flavor and texture of gluten free baked goods. "Gluten free breads can be crumbly and dry so it's important to add moisture, like eggs and sour cream," she says.

One of the challenges Lick faces in cooking for her daughter is the cost. "I shop at Hannaford in Lagrangeville, N.Y.," she says. "They carry a lot of great gluten free and organic products that are reasonably priced."

Gluten-free flour is available in most stores.

GLUTEN-FREE BANANA BREAD

SERVES 16 ACTIVE TIME: 20 MINUTES TOTAL TIME: 1 HOUR 40 MINUTES

Maria Lick says that gluten-free breads are often too dry, but the addition of bananas makes her version moist and dense. It's especially good warm from the oven. For an extra treat, add chocolate chips or walnuts. May be frozen and recipe may be halved.

- 2 cups gluten free all purpose flour
- 1 tsp. baking soda
- ½ tsp. ground cinnamon
- ½ tsp. salt
- 1 cup sugar
- 4 eggs
- ½ cup canola oil
- 4 to 5 very ripe bananas, mashed (about 1½ to 2 cups mashed)
- 2 Tbsp. sour cream or plain Greek yogurt
- 1 tsp. gluten free vanilla extract
- ½ cup unsweetened applesauce
- ½ cup semisweet chocolate chips (optional)
- ½ cup chopped walnuts (optional)

1. Preheat oven to 350°F. Spray 2 (4-by-8-inch) loaf pans with vegetable cooking spray. **2.** Sift gluten-free flour, baking soda, cinnamon, and salt together into a medium bowl. **3.** In a large bowl whisk together sugar and eggs until light, about 2 minutes. Drizzle in oil while whisking. Stir in bananas, sour cream or yogurt, vanilla, and applesauce and mix until well blended. **4.** Fold dry ingredients into wet ingredients until just incorporated. Fold in chocolate chips if using. Sprinkle walnuts on the bottom of each pan if using. **5.** Divide batter between the 2 prepared pans. Bake until a toothpick inserted near the center comes out clean, about 65 to 80 minutes. Cool in pans for 10 minutes, then remove from pans and cool on a wire rack. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 33G CARBOHYDRATES, 4G PROTEIN, 7G FAT (1G SATURATED), 45MG CHOLESTEROL, 135MG SODIUM, 3G FIBER.

For Maria Lick's recipe for Gluten-Free Chocolate Chip Cookies, go to hannaford.com. Share your favorite recipe! You could be featured on the Sharing page. Just email freshmagazine@hannaford.com.

RECIPE RENOVATION

lightened lasagna

By Marsha Salamoff Green

Lasagna is popular for a good reason — it's a hearty and satisfying meal for a family dinner or a party. With pasta, cheese, tomato sauce, and ground meat or sausage, lasagna has the comfort ingredients we love. But lasagna can have upward of 700 calories a serving, 22 grams of fat, and over 1,800 mg of salt.

Making your own lasagna is especially easy with oven-ready lasagna sheets that cook while baking. With the help of Hannaford dietitian Anne LaPierre, MS, LD, RD, we developed a healthier lasagna. We replaced full-fat dairy products with low-fat and fat-free options. Crushed tomatoes or tomato purée offer great tomato taste without the added salt and sugar of jarred sauces. To add a boost of fiber and reduce the fat and cholesterol, we've stretched the meat with heart-healthy lentils. A mix of veggies provides extra vitamins and fiber.

Our lightened recipe is full of the flavors you love in lasagna with 370 calories, 11 grams of fat, and only 450 mg of sodium. Leftovers — if you have any — can be frozen in individual portions to microwave for a quick lunch or dinner.

LIGHTENED LASAGNA

SERVES 8; ACTIVE TIME: 1 HOUR; TOTAL TIME: 1 HOUR 50 MINUTES

- 1 cup water
- ½ cup red lentils
- 1 tsp. canola or olive oil
- ½ cup grated carrots
- 1 cup chopped mushrooms
- 1 cup chopped broccoli
- 1 cup chopped spinach
- 2 tsp. minced garlic
- ½ cup chopped onion
- ½ tsp. onion powder
- ½ lb. 80% to 85% lean ground beef
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper
- 1 (28 to 29 oz.) can tomato purée or crushed tomatoes
- 1 (15 oz.) container nonfat ricotta cheese
- 1 egg white
- 2 Tbsp. grated Parmesan cheese
- 1 (8 oz.) pkg. (2 cups) shredded part-skim mozzarella cheese, divided
- 1 tsp. dried basil
- 1 tsp. dried parsley flakes
- 9 oven-ready lasagna sheets

1. Spray a 9-by-13-inch baking pan with vegetable cooking spray.
2. In a medium saucepan, heat water to boiling over high heat. Rinse lentils in cold water and add to boiling water; reduce heat to maintain a simmer. Cook until water is absorbed and lentils are soft, about 10 to 15 minutes. Remove from heat.
3. While lentils are cooking, heat oil in a large nonstick skillet over medium heat. Add carrots, mushrooms, and broccoli and cook for 12 minutes. Then stir in spinach. Cook until vegetables are tender and spinach is wilted, about 2 to 4 minutes. Transfer to a bowl.
4. Add garlic, onion, onion powder, ground beef, salt, and pepper to skillet. Cook over medium heat until meat is browned in small pieces and onions are tender, about 6 minutes. Stir in cooked lentils and tomato purée. Remove from heat and set meat sauce aside.
5. Preheat oven to 350°F. In a medium mixing bowl, blend together ricotta and egg white. Stir in Parmesan and 1½ cups of the mozzarella. Mix in basil and parsley.
6. Assemble lasagna. Spread about a third of the meat sauce on bottom of prepared pan. Place 3 lasagna sheets over sauce. Spread half the vegetable mixture over lasagna sheets. Top with half the cheese mixture and another third of the sauce. Top with 3 more lasagna sheets. Top with remaining vegetable mixture, then cheese mixture. Cover with remaining 3 lasagna sheets. Top with remaining meat sauce and sprinkle with reserved ½ cup mozzarella cheese.
7. Spray a sheet of foil with vegetable cooking spray and cover pan with foil, sprayed-side down. Bake for 50 minutes, until sauce is bubbling and cheese is melting. If needed, uncover and bake an additional 10 minutes until cheese is melted on top. Let rest for 10 minutes before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 370 CALORIES, 36G CARBOHYDRATES, 29G PROTEIN, 11G FAT (3.5G SATURATED), 35MG CHOLESTEROL, 450MG SODIUM, 9G FIBER

PHOTOGRAPHY: TEASTA BERGERS; FOOD AND PROP STYLIST: CATHY KELLY

ask the healthy cook

helping kids eat right

Q&A with Anne LaPierre, MS, LD/RD

I hear it all the time: My child won't eat this, refuses to eat that. Some kids bring home a practically full lunch bag every day and then ask for cookies as an after-school snack. Luckily, there are a few easy steps you can take to help your kids eat healthier this school year.

[illegible]

What nutrients are kids most lacking?

Kids often don't get enough calcium, which is essential for helping bones grow and stay strong. According to the Institute of Medicine, the recommended dietary allowance of calcium for kids ages 1-3 is 700 mg/day, 4-8 need 1,000 mg/day, and 9-18 need 1,300 mg/day. To put this in perspective, a cup (8 oz.) of milk or yogurt has about 300 mg.

What are some quick tips for getting kids to eat more nutritiously?

Kids are more likely to eat foods they had a hand in bringing to the table. Take them to the store with you and let them pick out the fresh fruit or veggies they'll be eating for the week. Let kids help prepare and cook their meals. Have them pack their own lunchbox with your supervision. Finally, be a good role model. If you want your kids to grow up with healthy eating habits, eat well yourself.

What does the ideal lunchbox look like?

Try to base children's meals on the USDA's easy to read "MyPlate" diagram (choosemyplate.gov). Half your child's brown bag should be made up of fruits and vegetables, ¼ of whole grains, and ¼ of lean protein. Try to include different colors and food groups. Small portions are less overwhelming to kids, who often enjoy nosh[illegible] on a "buffet" of healthy goodies in their lunchboxes. As long as they're getting a variety of colors and food groups, anything goes!

A mother of three, Anne LaPierre is a Registered Dietitian in our Falmouth and Scarborough, Maine, stores.

meet the produce superstars: apples

APPLES ARE A GREAT SOURCE of both soluble and insoluble fiber, which can help keep blood cholesterol levels in check and maintain healthy digestion. [illegible] the most fiber from apples [illegible] eating the apples' skin. A peeled apple has about half the total fiber of an unpeeled one. [illegible] apples be [illegible] of whether you've purchased organic or conventional [illegible] apples. With more than 2,000 varieties of the fruit grown in the U.S., it should be easy to find one you like. Local varieties here in the Northeast include Cortland and Empire. Of course, this time of year, apples are also great in cooked and baked dishes, making them one of fall's most versatile fruits (try them in Apple Cinnamon Scones, page 44).

what's for lunch?

It's easy to pack healthy lunches for both kids and grownups when you think in terms of nutrient dense foods, like whole grain breads, lean protein, veggies, and fruit – either pieces of whole fruit or single-serve containers of precut fruits. Unlike chips, candy bars, and other lunchbox treats that come with lots of empty calories, nutritious foods deliver an energy boost that helps you stay focused and productive all afternoon.

lean cuisine
salad additions™

Bring your own lettuce, we'll dress it up.

+

your lettuce | our toppings | one delicious salad

Now you can enjoy restaurant-quality salads at home any time you want — for 350 calories or less. With premium ingredients such as grilled chicken, crisp vegetables, culinary-inspired dressings and crunchy toppings, all you have to do is bring your own lettuce!

Find all four varieties in the freezer aisle!

Save $1

Look for your coupon in the back!

Good Food. Good Life.

Slow cooker autumn stews are easy and delicious

a bowl of comfort

BY KIMBERLY MAYONE • PHOTOGRAPHS BY HEATH ROBBINS

AS WE ROUND THE SEASONAL CORNER INTO FALL, warm bowls of richly flavored stew will begin to replace summery salads. Slow cookers can be your best friend when it comes to make-ahead meals. Assemble the ingredients in the morning – and voilà! – dinner will be ready and waiting when you get home.

There are just a few easy slow cooker dos and donts to keep in mind.

Follow the recipe If it calls for vegetables to be cut a certain size or for ingredients to be layered in a certain way, be sure to do it. The warmest parts of the slow cooker are the bottom and sides, so ingredients like carrots, onions and potatoes that take longer to cook might be placed in first. And ingredients that are about the same size will cook more evenly.

Minimize precooking The only ingredients that you might want to precook are ground meats (to avoid clumping) and mushrooms (to avoid extra liquid). Some people prefer to sear roasts and stew meats before slow cooking, as it adds some flavor to the dish, but it'll also take more time and use additional pots and pans. Our stew recipes keep it simple, but you can brown the meat first if that's your preference.

Avoid preassembling Putting ingredients in the slow cooker ahead of time and then refrigerating overnight may seem like a good idea. But the temperature difference between a refrigerated slow cooker and the appliance's heating element could cause the slow cooker to crack, resulting in a counter top mess and nothing for dinner. And because bacteria can grow if food doesn't reach a safe temperature of 140°F, be sure to thaw frozen ingredients — either in the fridge overnight or in the microwave — before adding them. If you want to prep ahead, it's safer to prepare the ingredients, refrigerate them in zip-close bags or other containers, and then add them in the morning.

Add a flourish Whether it's fresh herbs stirred into the stew, grated cheese sprinkled on top, or a citrus wedge offered on the side, simple touches add interest, color and fresh taste. With minimal effort you can bring a dish from good to outstanding!

TRINIDAD CHICKEN CURRY

SERVES 6 (1/2 CUP SERVINGS)
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 4 HOURS 25 MINUTES

Here's a sunny Caribbean curry sure to warm a cool fall evening. This stewed chicken dish is packed with flavorful spices like coriander and ginger. Its sauce is velvety and rich from coconut milk. The recipe can be halved for smaller slow cookers. Serve with naan or rice to absorb the flavorful sauce. May be frozen.

(TRINIDAD CHICKEN CURRY)

- 1 (13 oz.) can light coconut milk
- 3 cloves garlic, minced
- 1 Tbsp. grated fresh ginger
- 1 Tbsp. tomato paste
- 1 Tbsp. curry powder
- 1 Tbsp. turmeric
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- ½ tsp. freshly ground black pepper
- ½ tsp. kosher salt, or to taste
- 1 (2 lb. to 2 ½ lb.) pkg. Taste of Inspirations® boneless, skinless chicken thighs, each cut into 4 pieces
- 2 sweet potatoes, peeled and cut into bite-size chunks
- 1 medium onion, thinly sliced
- 1 jalapeño pepper, halved, seeded, and thinly sliced
- 1 (15 oz.) can pigeon peas or black-eyed peas, rinsed and drained
- 3 Tbsp. finely chopped cilantro
- ½ cup plain nonfat Greek yogurt (optional)

1 Add coconut milk, garlic, ginger, tomato paste, curry powder, turmeric, coriander, cumin, black pepper, and salt to a slow cooker and stir to mix well. Add chicken, sweet potatoes, onion, and jalapeño and stir well to distribute. Sprinkle peas over mixture and do not stir.

2 Cover and cook on high for 4 hours (or on low for 8 hours).

3 Ladle into deep bowls and sprinkle each serving with cilantro. If desired, serve yogurt on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 310 CALORIES, 23G CARBOHYDRATES, 31G PROTEIN, 9G FAT (4.5G SATURATED), 115MG CHOLESTEROL, 453MG SODIUM, 6G FIBER

FOOD AND PROPS STYLING: CATHERINE M. TY

FALL HARVEST FISH STEW

SERVES 8 (1½ CUP SERVINGS)
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 4 HOURS 45 MINUTES

This nontraditional chowder is made with three kinds of root vegetables, leeks, salmon and fresh dill. When making a slow cooker stew with dairy ingredients, the base is slow cooked first and the dairy components are added at the end.

- 3 cups low sodium vegetable broth
- 1½ lbs. russet or Yukon Gold potatoes, peeled and cut into 1½ inch chunks
- 1 leek, white and green parts, washed well, halved lengthwise and thinly sliced
- 1 lb. carrots, peeled, halved lengthwise and cut into ½ inch slices
- ½ lb. parsnips, peeled, halved lengthwise and cut into ½ inch slices
- 2 Tbsp. quick cooking tapioca, such as Minute Tapioca (found in the Baking aisle)
- 2 Tbsp. fresh lemon juice
- ½ tsp. celery salt, or to taste
- ½ tsp. freshly ground black pepper
- ½ tsp. dried thyme, or to taste
- 1½ lbs. salmon fillets, skinned and cut into 1½ inch chunks
- 2 cups low fat evaporated milk
- 2 Tbsp. finely chopped fresh dill
- fresh dill sprigs (optional garnish)

1. Add broth, potatoes, leek, carrots, parsnips, tapioca, lemon juice, celery salt, pepper, and thyme to the slow cooker and stir well to combine.
2. Cover and cook on on high for 3½ to 4 hours (or on low for 7 to 8 hours).
3. Stir well. If cooked on low, turn temperature to high and add salmon, evaporated milk, and dill. Cover and cook until salmon is cooked through, about 12 to 15 minutes. Ladle into bowls and garnish with dill sprigs if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 310 CALORIES, 35G CARBOHYDRATES, 27G PROTEIN, 7G FAT (1G SATURATED), 50MG CHOLESTEROL, 278MG SODIUM, 4G FIBER

beverage suggestions

Cooler weather calls for heartier beverages. Trinidad Chicken Curry finds its match in **Fetzer Gewürztraminer**, a food-friendly wine that can stand up to spice. Fall Harvest Fish Stew is a dish that bridges the seasons and would pair nicely with **Ruffino Lumina Pinot Grigio**'s effervescent minerality. For Cider Infused Butternut Squash Soup, **Woodchuck Amber Hard Cider** will bring out the soup's autumnal flavors. Cuban Pork and Black Bean Stew would find a fitting complement in **Woodbridge by Robert Mondavi Riesling**, which balances light sweetness and crisp acidity.

SLOW AND SAFE

Convenient slow cookers are a very safe way to cook, even at the invent sell ng, as long as the food is actually cooking. If the power goes out when you are l at home, discard the food. If you are at home, just finish cooking by some other means, like a gas stove or grill. As with any cooked foods, refrigerate leftovers within two hours, preferably in small containers that will cool quickly. Reheat to 165°F then, if desired, use a slow cooker to maintain a safe temperature of 140°F.

(CIDER-INFUSED BUTTERNUT SQUASH SOUP)

NO PEEKING[1]

Resist the urge to open the slow cooker lid while a recipe is cooking. If the lid is lifted, heat and moisture will escape, lowering the temperature of the food and increasing cooking time.

CIDER-INFUSED BUTTERNUT SQUASH SOUP

SERVES 8 (1½ CUP SERVINGS)
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 4 HOURS, 25 MINUTES

The flavors of autumn — apples, cider, squash — shine in this vibrant soup, which gets a protein kick from chickpeas and kidney beans. The recipe can be halved for a smaller slow cooker. May be frozen.

- 1½ cups apple cider
- 1 cup water
- 2 Tbsp. vegetable bouillon
- 1 Tbsp. apple cider vinegar
- ½ tsp. hot sauce, or to taste
- ½ tsp. freshly ground black pepper
- ¾ tsp. kosher salt, or to taste
- 3 Tbsp. finely chopped fresh sage, divided
- 2½ lbs. butternut squash, peeled, seeded, and chopped into 1-inch pieces (about 4½ cups)
- 3 ribs celery, finely chopped
- 2 red bell peppers, chopped
- 2 Granny Smith apples, peeled and coarsely chopped
- ½ cup finely chopped shallots
- 1 (15 oz.) can chickpeas, rinsed and drained
- 1 (15 oz.) can kidney beans, rinsed and drained
- 2 Tbsp. raw pumpkin seeds (optional garnish)
- fresh sage leaves (optional garnish)

Combine cider, water, bouillon, vinegar, hot sauce, black pepper, salt, and 2 Tbsp. of the chopped sage in a slow cooker. Add squash, celery, bell peppers, apples, shallots, chickpeas and kidney beans and stir well to distribute. 2. Cover and cook on high for 4 to 4½ hours (or on low for 8 to 9 hours). Stir well and transfer 2 cups of the soup to a food processor and process until smooth. Alternately, transfer to a deep bowl and puree with an immersion blender. Add puree and the remaining 1 Tbsp. of chopped sage to cooker and stir well. 3. Ladle stew into bowls. If desired, garnish with a sprinkle of pumpkin seeds and sage leaves.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 180 CALORIES, 41G CARBOHYDRATES, 8G PROTEIN, 1G FAT (0G SATURATED), 0MG CHOLESTEROL, 304MG SODIUM, 7G FIBER

LOW HEAT vs. HIGH HEAT

Slow cookers typically have high and low settings, and some have an auto-cook setting that switches from high to low after several hours. The general rule is that you can cook a dish on high for half as long as it takes on low. So if a recipe specifies 8 to 10 hours on low, you could cook it for 4 to 5 hours on high instead. This principle works well for soups, stews, and pot roasts — but not for every type of dish.

CUBAN PORK AND BLACK BEAN STEW

SERVES 8 (1/4 CUP SERVINGS)
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 5 HOURS 30 MINUTES
(INCLUDES BEAN PREPARATION)

Hints of cumin and orange season this stew. Be sure to allow time for the beans to soak at least 1 hour or overnight before preparing the stew. Serve with steamed rice to absorb the tasty sauce. This recipe is easily halved for smaller slow cookers. May be frozen.

- 1 lb. dry black beans
- 4 cups Nature's Place® organic low-sodium chicken broth
- 1 bay leaf
- 2 sweet onions, finely chopped, divided
- 8 oz. chorizo or kielbasa, chopped
- 1 Tbsp. ground cumin
- 6 cloves garlic, finely minced
- 1 tsp. olive oil
- 1 tsp. grated orange zest
- 1 tsp. freshly ground black pepper
- 1 tsp. kosher salt, or to taste
- 1½ lb. boneless pork tenderloin, cut into 2 inch chunks
- 1 (28 oz.) can fire roasted diced tomatoes, drained
- 1 cup chopped cilantro, divided

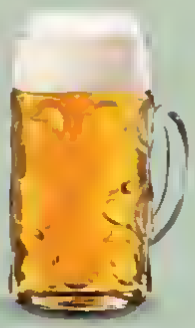
1. Prepare beans. Place beans in a large pot and cover by at least 2 inches with water. Cover pot and let soak overnight. Alternately, over high heat on stove top, bring the mixture to a boil. Stir well, turn off heat and cover. Let beans sit for 1 hour before using.
2. Drain and rinse beans and add them to slow cooker along with broth and bay leaf. Measure out ½ cup chopped onion and refrigerate it. Sprinkle remaining onions over beans; do not stir. Make a layer of chorizo over the onions.
3. In a separate bowl, mix together cumin, garlic, oil, orange zest, pepper, and salt. Add pork and coat with seasonings. Set pork pieces on top of chorizo in cooker and do not mix. Top with tomatoes; again, do not stir. Cover and cook 4 to 5 hours on high (or on low for 8 to 10 hours).
4. Add half the cilantro and stir well. Test doneness of the beans; they should be very tender. If you prefer a thicker stew, remove 1–2 cups of the bean mixture, puree in a food processor or blender, or with an immersion blender, then stir back into cooker.
5. To serve, ladle into bowls. Garnish with reserved onion and remaining cilantro, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 370 CALORIES, 42G CARBOHYDRATES, 31G PROTEIN, 8G FAT (2.5G SATURATED), 65MG CHOLESTEROL, 550MG SODIUM, 13G FIBER ●

Cookbook author Kimberly Mayone's latest book is Everyday Gluten-Free Slow Cooking: More than 140 Delicious Recipes.

good food, healthy dishes

Economical beans are packed with fiber, protein, minerals, and nutrients like folic acid – are a tasty way to eat well. And by preparing dried beans on the slow cooker's fuel-efficient low setting, you'll save money twice: on your grocery bill and on your energy bill.



Flavor and fun are on tap
with our traditional recipes

Celebrating the foods of OKTOBERFEST

BY JULIE HESSION PHOTOGRAPHS BY KELLER + KELLER

KNOWN FOR LIVELY OOMPAH MUSIC, HEARTY FOOD, AND FESTIVE COSTUMES – not to mention a wide selection of beer – Germany's popular Oktoberfest celebration draws more than 6 million visitors each year. This festival lasting more than two weeks actually begins in September and ends during the first few days of the month bearing its name, as Germany's weather is typically too chilly for outdoor celebrations in October.


STED CHICKEN
WITH MUSTARD SAUCE)

Those who plan to attend this "world's largest fair" would be wise to bring their appetite for fun. Stick to your-ribs dishes such as *bretzel* (pretzels), knockwurst, schnitzel, spätzle, and sauerkraut are washed down with nearly 7 million liters of *Märzen*, the official festival beer (see Toasting Oktoberfest).

Familiar to Bavarians as *die Wiesn*, Oktoberfest has been held since 1810, when citizens of Munich were invited to festivities honoring the marriage of Prince Ludwig. Beginning as an annual event in 1850, the opening morning has been celebrated with a parade. The modern version of which includes bikers, horse-drawn carriages, traditionally decorated floats, and the Oktoberfest bands.

During this month, beer hall landlords and Oktoberfest brewers make their festive entry into the fairgrounds — the *Theresienwiese*. At noon, the mayor of Munich kicks off festivities in a large tent, tapping the first official keg. The mayor declares "O'zapft is!" (It's tapped!), signaling that all other tents may start serving beer.

Americans love a good party, so it's only natural that we've adopted Oktoberfest putting our own regional twists on tradition. New England and upstate New York are no exception. Celebrating its 23rd year, the Harpoon Octoberfest in Boston offers everything from local oompah bands to a German cake-eating contest. Hamburg, N.Y. stages a festival that features a German car show and locally produced Rieslings.

Even if you can't make it to a festival, you can don your lederhosen or dirndl and invite friends to your haus for a homemade feast featuring our updated take on Oktoberfest favorites.

PRETZEL CRUSTED CHICKEN SCHNITZEL WITH MUSTARD SAUCE

SERVES 6

ACTIVE TIME: 50 MINUTES

TOTAL TIME: 50 MINUTES

Wiener schnitzel is made from veal that's been dredged in flour and pan fried. In our variation, pounded thin chicken breasts are coated with another German food: the pretzel, and drizzled with a tangy whole grain mustard sauce. Recipe may be halved.

- **3** cups coarsely broken pretzels
- **2** eggs
- **4** Tbsp. whole grain mustard, divided
- **2** Tbsp. minced parsley, divided
- **6** (6 oz.) boneless, skinless chicken breasts, pounded to about ½-inch thickness
- ½ tsp. freshly ground black pepper, divided
- **3** Tbsp. olive oil, divided
- **2** tsp. minced fresh garlic
- ½ cup dry white wine
- ½ cup low-sodium chicken broth

1. In a food processor, pulse pretzels until they're coarsely ground. There should be a mixture of coarse chunks and fine crumbs. Alternately place pretzels in a sealable plastic bag and crush with a rolling pin. Transfer crumbs to a shallow dish.

2. In a bowl, whisk together eggs, 1 Tbsp. of the mustard, and 1 Tbsp. of the parsley.

3 Season chicken breasts with ¼ tsp. of the pepper. Working with one piece at a time, dip chicken breasts into egg mixture, shaking off excess, and then dredge in pretzel mixture so they're coated on both sides.

4 Heat 1 Tbsp. of the oil in a large skillet over medium-high heat. Cook 3 pieces of chicken until they're golden brown and cooked through, about 3 to 4 minutes per side. Transfer pieces to a plate and cover loosely with foil to keep warm. Repeat with another 1 Tbsp. oil and 3 pieces of chicken.

5 In the same skillet, heat remaining 1 Tbsp. oil over medium-high heat, add garlic and sauté for 30 seconds, until fragrant.

6 Add wine to the pan, scraping up brown bits and cooking until almost evaporated, 3 to 4 minutes. Add broth and remaining 3 Tbsp. mustard to the pan, reduce heat, and simmer until sauce has thickened slightly, about 3 to 4 minutes more. Stir in remaining ¼ tsp. pepper. Transfer sauce to a small pitcher.

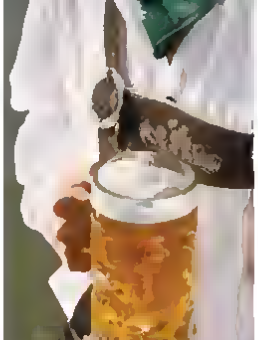
7 To serve, sprinkle chicken with remaining 1 Tbsp. parsley. Serve sauce on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
460 CALORIES, 24G CARBOHYDRATES, 50G PROTEIN
14G FAT (3G SATURATED), 190MG CHOLESTEROL,
830MG SODIUM, 1G FIBER

TOASTING OKTOBERFEST

Nothing pairs better with hearty German fare than *Oktoberfestbier*, brews that have been served at the festival since 1818. These traditional beers are produced by six breweries, aka the Big Six: Hofbräu, Spaten, Löwenbräu, Paulaner, Augustiner, and Hacker-Pschorr.

***Oktoberfestbiers* are referred to as *Märzen*, derived from the German word for "March," the month in which they were originally brewed (before modern refrigeration offset summer heat). *Märzen* has a full bodied, malty, and slightly sweet flavor and ranges from a pale gold to deep amber in color. It also tends to have a higher alcohol content than American beers.**



Americans love a good party, so it's only natural that we've adopted Oktoberfest, putting our regional twists on tradition.

GINGERED SAUERBRATEN

SERVES 6
ACTIVE TIME: 1 HOUR
TOTAL TIME: 1 DAY 5 HOURS OR UP TO 2 DAYS (INCLUDING MARINATING)

This sweet and sour variation of pot roast is one of Germany's most traditional meals. The unexpected addition of gingersnap cookies creates a pleasing flavor contrast to the vinegar marinated meat. Serve this comforting dish over noodles, mashed potatoes or for the most traditional presentation fresh herbed spätzle (small dumplings). Note that the meat needs at least one full day to marinate. May be frozen.

- 2 medium yellow onions, divided
- 3 cups water
- 1 cup red wine vinegar
- 1 cup red wine
- 4 sprigs fresh thyme
- 3 Bay leaves
- 1 (3½ to 4 lb.) boneless Beef chuck roast, cut into 2 equal pieces
- ½ tsp. salt, or to taste
- ¼ tsp. freshly ground black pepper, or to taste
- 3 Tbsp. canola oil, divided
- 3 carrots, thinly sliced
- 3 ribs celery, cut into 1-inch pieces
- 3 Tbsp. all-purpose flour
- 10 gingersnap cookies, finely crushed (about ½ cup)
- 3 Tbsp. light brown sugar, packed
- ½ cup golden raisins

1 Prepare marinade. Halve and thinly slice one of the onions. Add to a large saucepan with water, vinegar, wine, thyme and bay leaves. Bring to a low boil over high heat, stirring occasionally. Remove from heat and let cool completely, about 45 minutes.
2. Season chuck roast with salt and pepper and place pieces in a large deep bowl. Pour marinade over beef, cover and refrigerate for at least 1 day and up to 2 days, turning twice.
3 When ready to cook the roast, preheat oven to 325°F. Remove roast from marinade and pat dry, reserving the marinade.
4. In a large ovenproof stockpot or Dutch oven, heat 1 Tbsp. of the canola oil over medium-high heat. Add the roast pieces to pot and cook, turning occasionally until they are browned on all sides, about 8 minutes. Transfer pieces to a plate and cover with foil.
5. Halve and thinly slice remaining onion, add to pot, and sauté until lightly browned, about 5 minutes. Add carrots and celery to pot, sauté 2 minutes more. Return roast to pot along with reserved marinade. Bring mixture to a low boil, cover, then place in oven and bake until roast is very tender, about 3 hours.
6 Transfer roast to a plate, along with cooked vegetables, using a slotted spoon, loosely tent with foil. Strain remaining liquid through a fine mesh sieve into medium bowl or measuring cup and discard solids. Set aside.
7 Heat remaining 2 Tbsp. oil in roasting pot over medium heat. Add flour and cook, whisking constantly, until mixture is deep brown, 5 to 7 minutes. Gradually whisk in reserved liquid, gingersnaps and brown sugar, then stir in raisins. Bring mixture to a simmer and cook, whisking frequently until thickened, 5 to 7 minutes. Return roast and vegetables to pot and cook for 5 minutes more to warm through.
8 Transfer roast to a cutting board and let rest 5 to 10 minutes, then thinly slice against the grain if possible. Serve hot alongside vegetables with sauce spooned on top.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 640 CALORIES, 42G CARBOHYDRATES, 46G PROTEIN, 21G FAT (5G SATURATED), 170MG CHOLESTEROL, 240MG SODIUM, 4G FIBER


(GINGERED SAUERBRATEN)

ASK THE BUTCHER

Q. What's your favorite way to fix a chuck roast?

A. I personally love the classic slice of my favorite pot roast with potatoes, carrots, and onions. I always recommend cooking chuck slowly in moist heat – the meat has a good amount of marbling and fat already, so I rarely add more than a cup of liquid: stock, wine, or water. You can also use chuck for a multitude of dishes, like shredded BBQ sandwiches, tacos, broccoli beef over fried rice, or over pasta with a red wine or balsamic reduction. I recommend a half to three-quarters of a pound per person, depending on what else you're serving. I always tell my customers it's better to err on the side of too much because the leftovers are delicious.

– Danny Andrews
North Andover, Mass.

SWEET AND SOUR RED CABBAGE WITH APPLES

SERVES 6
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 1 HOUR

Slow simmering gives the cabbage a tender texture and the resulting bright color makes it an eye-catching accompaniment to German schnitzel or sausages.

- 2 Tbsp. olive oil
- 1 (2½ lb.) red cabbage, core removed, thinly sliced
- 1 Tbsp. light brown sugar, packed
- ½ cup cider vinegar
- ½ cup water
- 2 medium Granny Smith apples, peeled, cored, and sliced
- 1 tsp. salt
- ½ tsp. freshly ground black pepper

1. Heat oil in a large saucepan over medium-high heat. Add cabbage and sauté until it begins to wilt, about 3 to 4 minutes.
2. Add brown sugar, tossing to mix. Add vinegar and water and bring mixture to a low boil, stirring occasionally. Reduce heat, cover, and simmer, stirring occasionally, 1 to 30 minutes.
3. Add apples, salt, and pepper and continue to simmer, uncovered, stirring occasionally, until almost all the liquid has evaporated and the cabbage is very tender, about 10 to 15 minutes more. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES: 140 CALORIES, 13G CARBOHYDRATES, 2G PROTEIN, 3.5G FAT (.5G SATURATED), 0MG CHOLESTEROL, 91MG SODIUM, 4G FIBER

good and healthy

All cabbage is low in calories (about 25 per raw cup) and provides multiple antioxidants. But red cabbage has the upper hand when it comes to potassium, vitamin C, and especially vitamin A – essential for healthy eyes and skin. Red cabbage boasts nearly 10 times the vitamin A of its green counterpart.

MAKE THE MOST OF CABBAGE

If your acquaintance with cabbage stops at sauerkraut or a holiday, you'll enjoy discovering more uses for this veggie.

Red. Boldly colored cabbages are often paired with vinegar to create tasty side dishes or shredded raw for salads and slaws. Add thinly sliced red cabbage to stir-fries or use it as a garnish.

Green. Ever-popular green cabbage is often shredded raw for coleslaw and pickled for sauerkraut. But it can also be added to stews and soups or boiled, steamed, braised, or sautéed and seasoned with lemon juice and olive oil for a healthy side dish.

Savoy. Crinkly savoy cabbage is almost too pretty to eat, but this mild variety is delicious prepared the same ways you would any other green cabbage (its tender leaves are especially good stuffed).

(SWEET AND SOUR RED CABBAGE WITH APPLES)

BLACK FOREST CUPCAKES

SERVES 12
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 1 HOUR

Black Forest Cake, known as *Schwarzwälder Kirschtorte* in Germany, is typically composed of three dense chocolate cake layers separated by whipped cream, cherries, and a healthy dose of *kirschwasser* (cherry brandy). We've translated that combo into a cupcake version.

Cupcakes

- 1 cup all-purpose flour
- ½ cup sugar
- ¼ cup unsweetened cocoa powder
- ½ tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. salt
- ½ cup canola oil
- ¼ cup milk
- 1 egg
- 1 tsp. vanilla extract
- ½ cup sour cream

Filling

- 1½ cups pitted cherries, fresh or frozen and thawed
- ¼ cup sugar
- 2 Tbsp. cornstarch
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. kirsch (cherry brandy) or brandy

Topping

- 1 cup heavy whipping cream
- 3 Tbsp. confectioners' sugar
- 2 tsp. vanilla extract
- 2 Tbsp. bittersweet chocolate shavings (optional garnish)

1 Prepare cupcakes. Preheat oven to 350°F. Line a 12-cup muffin pan with paper liners.
2 In a medium bowl, whisk together flour, sugar, cocoa, baking soda, baking powder, and salt.
3. In a large bowl, whisk together oil, milk, egg, and vanilla. Add flour mixture, stirring until fully blended. Stir in sour cream and mix until well incorporated.
4. Divide batter among prepared cupcake liners. Bake cupcakes until a toothpick inserted into the center comes out clean, about 15 to 18 minutes. Let cool in pan for 10 minutes, then transfer them to a wire rack to cool completely.
5. While cupcakes bake, prepare filling. In a medium saucepan, toss cherries with sugar, cornstarch, lemon juice, and kirsch. Heat over medium-high heat and cook, stirring frequently, until mixture comes to a boil and thickens, about 5 to 7 minutes. Remove from heat and let filling cool completely.
6 Prepare topping. In a large bowl, use an electric mixer on medium-high speed to beat cream until soft peaks form. Add confectioners' sugar and continue to beat until stiff peaks form. Be careful not to overbeat. Mix in vanilla.
7 To assemble cupcakes, use a small sharp knife to cut a cone-shaped hole in the center of each one and set aside. Spoon cooled cherry filling into hole, reserving some for garnish. If desired, return cutaway cake to hole, pressing lightly so it sinks up a little, alternately, reserve cutaway pieces for another use.
8 Spoon a dollop of whipped cream on top of filling or cake top. Alternately, transfer it to a zip-close plastic bag and snip away a corner. Pipe whipped cream on top of filling. Top with some of the remaining cherry filling and a sprinkle of chocolate shavings if desired. Serve within a few hours of decorating.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
330 CALORIES, 36G CARBOHYDRATES, 4G PROTEIN, 20G FAT (7G SATURATED), 50MG CHOLESTEROL, 150MG SODIUM, 2G FIBER

Julie Hession is the author of two cookbooks, including 100 Best Decorated Cookies, and she blogs at pennutbutterandjulie.com.


(BLACK FOREST CUPCAKES)

PHOTO: PAUL ARGUIMBAU (CUPCAKES)


(VERMONT APPLE PIE
WITH CHEDDAR CHEESE)

Serve up a sweet and warming taste of traditional goodness

NEW ENGLAND *fall harvest* DESSERTS

BY LISA ZWIRN • PHOTOGRAPHS BY MARK FERRI

When autumn's chill sends us scurrying for wool sweaters, it's no surprise that we prefer our desserts warm. And warm not just in temperature, but in the way they comfort us with their familiarity. The autumn harvest — pears, apples, pumpkin, cranberries — yields ideal components for such sweets. Cinnamon, ginger, nutmeg, allspice, and cloves bring a spicy warmth to some of New England's favorite cakes, cookies, and pies. They also make our kitchens smell cozy and inviting.

Since the late 19th century spices from distant countries have been unloaded from ships along the eastern seaboard. On Cape Cod the wives of fishermen and sailors baked spice cookies like hermits scented with ginger cinnamon and molasses and packed up the treats for their husbands ocean voyages. The rich chewy bars kept well

Spice cakes and gingerbread are other desserts traditionally popular in this region as are upside-down cakes so called because they're baked with fruit on the bottom and turned over before serving. Such cakes were once made in cast iron skillets. Putting fruit and sugar on the bottom allowed the sugar to melt and the fruit to caramelize

Cornmeal has a long history in New England baked goods From centuries-old Indian pudding (made from cornmeal milk and molasses) evolved cakes and sweet breads baked with similar ingredients. The Shakers known for their resourcefulness often used fall harvest ingredients such as pumpkin and squash in cakes quick breads and biscuits

Another tradition, believed to have originated in England is pairing apple pie with a slice of Cheddar The apples that once filled pies were more tart than sweet — salt pork was sometimes added for extra flavor — so it wasn't uncommon to eat the slightly savory pies with tangy cheese

VERMONT APPLE PIE WITH CHEDDAR CHEESE

SERVES 8

ACTIVE TIME: 50 MINUTES

TOTAL TIME: 2 HOURS, 45 MINUTES UP TO OVERNIGHT (INCLUDES CHILLING TIME)

Today, mostly in Vermont and Maine apple pie is still enjoyed with a few slices of sharp Cheddar Some like to place the cheese on top of the warm slice of pie while others prefer to nibble it separately A premade crust available in the Dairy aisle, saves time

Crust

- 2 ½ cups all-purpose flour
- 1 Tbsp. sugar
- ½ tsp. salt
- ¾ cup (1 stick) unsalted butter chilled, cut into 8 slices
- ¾ cup vegetable shortening, chilled
- 6 to 7 Tbsp. ice water

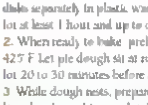
Filling and Assembly

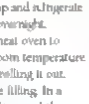
- 3 lbs. sweet-tart apples, peeled, cored, and cut into 1/4 inch-thick slices
- ¾ cup plus 1 Tbsp. sugar divided
- 2 ½ Tbsp. all-purpose flour
- ¾ tsp. ground cinnamon
- ½ tsp. salt
- 1 Tbsp. lemon juice
- 1 Tbsp. milk
- 8 oz. sharp Vermont Cheddar cheese cut into ¼-inch-thick slices

1 Prepare crust. In a large bowl stir together flour sugar and salt. Using a fork or pastry blender cut in butter and shortening until mixture resembles coarse meal. Stir in 6 Tbsp. of the water just until dough starts to clump together. Add a little more water if needed. Alternately, prepare dough in a food processor. Transfer dough to a work surface and gather into a ball. Divide in half and press each half into a disk. Wrap the disks separately in plastic wrap and refrigerate for at least 1 hour and up to overnight.

2. When ready to bake preheat oven to 425°F. Let pie dough sit at room temperature for 20 to 30 minutes before rolling it out.

3 While dough rests, prepare filling. In a large bowl, combine apples ½ cup of the sugar flour cinnamon, salt and lemon juice. Toss gently to coat the apples.





Go to hannaford.com for our **Cranberry Hermits** recipe.

(VERMONT APPLE PIE WITH CHEDDAR CHEESE)

4. Assemble pie On a lightly floured surface roll out one disk of dough into a 12- to 13 inch round Transfer to a 9-inch pie pan trim the edges to leave a ¾-inch overhang. Transfer apple mixture to pie shell. If desired reserve the trimmings to make decorative shapes to put on the top crust.

5 On a lightly floured surface roll out second disk to a 12 to 13-inch round Drape dough over apples. Fold edge of dough over rim of bottom crust and press to seal Crimp edge decoratively. If desired, top with shapes made from the trimmings. Brush top with milk and sprinkle with remaining 1 Tbsp. sugar Cut a few slits in the top with a knife to vent steam.

6 Bake pie at 425°F for 15 minutes. Reduce temperature to 350°F and bake until crust is golden brown and juices inside are bubbling, about 45 to 50 more minutes. Let rest 10 minutes before serving.

7 Serve pie warm or at room temperature with slices of cheese next to or on top of each wedge.

APPROXIMATE NUTRITIONAL VALUES PER SERVING 980 CALORIES, 69G CARBOHYDRATES, 11G PROTEIN 72G FAT (36G SATURATED) 55MG CHOLESTEROL, 1100MG SODIUM 5G FIBER

FOOD STYLING: ROD CLEGG PHOTOGRAPHY: PHIL FRANCIS WRAPAROUND SCENE

PEAR UPSIDE-DOWN SPICE CAKE

SERVES 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR, 15 MINUTES

Pears and warm spices, like ginger, cinnamon, and nutmeg, are made for each other. When the cake is inverted, it boasts an attractive pattern coated with a buttery brown sugar glaze. May be frozen.

Topping

- 3 Tbsp. unsalted butter, cut into pieces
- ½ cup light brown sugar, packed
- 1 large ripe pear, peeled, cored, and cut into ½-inch-thick slices

Cake

- 1½ cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt
- ½ tsp. ground ginger
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 6 Tbsp. unsalted butter, at room temperature
- ½ cup sugar
- 1 egg
- ½ cup buttermilk
- ½ cup molasses
- whipped cream or vanilla ice cream (optional)

1. Preheat oven to 350°F. Have ready a 9-inch round cake pan with at least 1½-inch-high sides. If using a springform pan, wrap the outside (bottom and sides) with 2 layers of foil so the batter won't leak out.
2. Prepare topping. Place butter in cake pan and put in oven for about 2 to 3 minutes to melt. Remove pan and swirl butter around the bottom and up the sides. Add brown sugar and stir to moisten it with the butter. Then spread sugar evenly in pan. Arrange pear slices in a spiral pattern over sugar, filling in the middle with smaller pieces. Set aside.
3. Prepare cake. In a medium bowl, whisk together flour, baking powder, baking soda, salt, ginger, cinnamon, and nutmeg.
4. In a large bowl, use an electric mixer on medium-high to beat butter and sugar until creamy. Beat in egg, beat in buttermilk and molasses. With mixer on low speed, add in flour mixture and combine just until blended. Spoon batter over pears, smoothing surface.
5. Bake until a tester inserted in center of cake comes out clean and cake feels springy to the touch, about 30 to 35 minutes. Cool in pan for 10 minutes. Run a knife around edge of cake. Place a serving plate over pan and invert cake onto plate. If there are any pears left in the pan, place them on the cake. Serve warm or at room temperature, with whipped cream or ice cream if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 340 CALORIES, 52G CARBOHYDRATES, 4G PROTEIN, 14G FAT (8G SATURATED), 55MG CHOLESTEROL, [illegible] SODIUM, 2G FIBER

UPSIDE-DOWN CAKES

Upside-down cakes are easy to make and look impressive when they're turned over. Pineapple rings are the most familiar fruit for this dessert (sometimes enhanced with maraschino cherries in the center), but any fruit can work. Try sliced apples and pears, assorted berries, and stone fruits (peaches, plums, and apricots). A little bit of sugar and butter on the bottom of the pan forms a sweet glaze that keeps the fruit in place, making it easy to invert the cake after it bakes.

(PEAR UPSIDE-DOWN SPICE CAKE)

Lime Chicken with Quick Avocado Salsa

INGREDIENTS

For the salsa

2 medium tomatoes, diced, halved and drained
1/2 white onion, finely chopped
1 cup cilantro, chopped (reserve 1/4 for the garnish)
2 tbsp. white vinegar
Salt and freshly ground pepper
2 medium Hass avocados, halved, dolloped, peeled and cubed

For the chicken

4 thin, [illegible] or 4 small cubed
8 boneless, skinless chicken thighs
Extra-virgin olive oil, divided and additionally
1 tsp. salt
1 tsp. freshly ground black pepper
1/2 tsp. chili flakes
1 large yellow onion, thinly sliced
1 garlic clove, finely minced
1/2 cup lime juice
good sliced 3-in-1 [illegible] recipe for serving

PREPARATION

Rinse, pat dry, and dice the white meat, and set aside. Dice the dark meat into bite-size pieces. Place the chicken thighs between two sheets of plastic wrap. Pound the chicken with a meat tenderizer or a rolling pin to a uniform thickness. Place the tomatoes, onions, cilantro, vinegar, salt, and pepper, generously in a large bowl. Add the avocados, lightly toss to combine, and set aside.

In a large skillet, heat the oil over medium-high heat. Add the chicken and sear, 4 and browned, about each side, 8 minutes. Sprinkle the salt, pepper, and paprika over the chicken. Add the onions and garlic and sauté for each, stirring occasionally, until the onion is soft, about 5 minutes.

Add the lime juice to the skillet and bring it to a simmer. Cover the skillet and simmer until the chicken is cooked through, 5 to 20 minutes. Serve with the avocado salsa and lime wedge.

Recipe Courtesy of Ingrid Hoffmann

wine suggestions

Warre's Kings Tawny Port, goes nicely with the spicy Cranberry Hermits. With the Pear Upside-Down Spice Cake, try **Ballatore NV Rosso Red Spumante California**. Pair the Vermont Apple Pie with **Hogue Late Harvest Riesling**. And serve Pumpkin Cornmeal Cake with a rich port like **Fonseca Bin No. 27**.

PUMPKIN CORNMEAL CAKE

SERVES 9
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 1 HOUR

This take on pumpkin bread comes from the Shakers. Cornmeal adds a bit of crunch, while the pumpkin keeps it moist. Try it for dessert with a dollop of whipped cream and fresh or frozen berries, or for breakfast with cream cheese or Taste of Inspirations® Pumpkin Spice Butter. May be frozen.

- 1 1/4 cups all-purpose flour
- 1/2 cup yellow cornmeal
- 1 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 tsp. ground cinnamon
- 6 Tbsp. (3/4 stick) unsalted butter, at room temperature
- 1/2 cup light brown sugar, packed
- 1 cup sugar
- 2 eggs
- 1 cup pumpkin purée
- 1 cup buttermilk
- 1 tsp. vanilla extract
- confectioners' sugar, whipped cream, and fresh or frozen berries (optional garnish)

1 Preheat oven to 350°F. Spray an 8- or 9-inch square baking pan with vegetable cooking spray.

2 In a medium bowl, whisk together flour, cornmeal, baking powder, baking soda, salt, and cinnamon.

3 In a large bowl, use an electric mixer on medium-high to beat butter and both sugars (until creamy). Beat in eggs. Add pumpkin, buttermilk, and vanilla and beat until blended. With mixer on low speed, add in flour mixture, combining just until blended. Scrape batter into pan.

4 Bake until cake is golden and a cake tester inserted in the center comes out clean, about 35 to 40 minutes. If desired, dust with confectioners' sugar. Serve warm or at room temperature, cutting cake into 9 squares. If desired, top with whipped cream and fresh or frozen berries.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 330 CALORIES, 54G CARBOHYDRATES, 5G PROTEIN, 9G FAT (5G SATURATED), 60MG CHOLESTEROL, 260MG SODIUM, 2G FIBER ●

Lisa Zwirn is a food writer and author of Christmas Cookies: 75 Recipes to Treasure for the Holiday Season.

(PUMPKIN CORNMEAL CAKE)

help schools, help kids!

Just imagine...
new computers, books, art supplies,
musical instruments, athletic equipment,
maybe even a new playground!
(see in-store display for details)

shop
our store
Choose from more than 700 participating products to help earn money for your school!

earn
school dollars
Get 3 school dollars for every 4 participating products you purchase

support
our schools
Deposit your school dollars in the collection tower in-store

helps schools
September 1 through December 1, 2013

FAST & HEALTHY

Pizza Dough Magic

Premade pizza dough becomes the base for quick, tasty dishes

BY ANDREA LYNN [illegible]

Ready-made pizza dough is a versatile ingredient you can rely on for easy healthy dinners. With the addition of various veggies, cheeses, and other ingredients, the dough can be transformed into a variety of weeknight dinner options. The freshly prepared pizza dough at our stores comes in three styles: white, wheat, and multigrain. Wheat and multigrain are the healthier options. The dough, sold refrigerated, can be frozen, so you can always have a potential pizza on hand. (Let the dough thaw in the refrigerator overnight before using.)

Toppings can be anything you like — mixes of cheeses, meats, vegetables, sauces. The more sliced vegetables you can layer on top of the dough, the more moisture they will lend to the pizza. Herbs can be pushed into the dough and baked to create a seasoned crust, as you'll find in the Flatbread with Dill, Smoked Salmon, and Lemon Yogurt Sauce. Cheese can be added on top or worked into the dough, as is the case in Cheddar Breadsticks with Two Dipping Sauces. Use cheese sparingly to add flavor but minimize fat.

For another take on pizza, use a skillet or deep baking pan for a substantial pie like Deep Dish Pizza with Turkey Sausage and Fennel. A trimmed sheet pan works for thin-crust pizzas, like Sicilian-Style Pizza with Spinach, Rosemary Potatoes, and Goat Cheese. Wrap leftover slices in foil and refrigerate for up to two days. But this comes with a caveat: the longer pizza's in the fridge, the soggier it becomes. Which is just an excuse to clean your plates when the pizza comes out of the oven.

CHEDDAR BREADSTICKS WITH TWO DIPPING SAUCES

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

Served with a salad, these cheddar breadsticks round out a quick dinner worthy meal; they're also a fun snack when paired with a garlic-basil sauce and black olive tapenade for dipping. Use preshredded cheese to save time. May be frozen.

- 1 (20 oz.) Hannaford® Multigrain or Wheat Pizza Dough Ball
- 1½ cups shredded sharp Cheddar cheese, divided
- ½ tsp. freshly ground black pepper
- 1 tsp. garlic powder
- 2 (2 oz.) pkgs. Nature's Place® Organic Basil
- 1 clove garlic
- ½ tsp. salt
- ½ cup water
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh lime juice
- ½ cup Taste of Inspirations® Black Olive Tapenade

1 Preheat oven to 500°F. Spray a rimmed baking sheet with vegetable cooking spray. Following the Dough Prep Instructions (see page 42), stretch dough to cover most of the space on the baking sheet. Sprinkle 1 cup of the cheese over surface, then sprinkle with pepper and garlic powder. Beginning at the short end, roll dough up to resemble a jelly roll.

2 Lightly flour a work surface. Place dough on surface and roll it flat into a rectangle about 6 inches by 12 inches. Sprinkle remaining ½ cup cheese over surface and roll gently to press it into surface of dough. Cut rectangle into 12 6-inch lengths and place cheese-side up on baking sheet about 1 inch apart. Bake until golden, about 10 to 12 minutes.

3 While breadsticks bake, make the basil sauce. Add basil to a food processor with garlic and salt. Purée until finely chopped, about 30 seconds. Through the feeder tube, add water, olive oil, and lime juice. Taste, adjusting seasoning if necessary. Transfer to a small bowl for dipping. Place tapenade in a separate bowl.

4 To serve, pass breadsticks on a large plate with dipping sauces on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 580 CALORIES, 66G CARBOHYDRATES, 16G PROTEIN, 31G FAT (8G SATURATED), 30MG CHOLESTEROL, 960MG SODIUM, 3G FIBER

CHEDDAR BREADSTICKS WITH TWO DIPPING SAUCES

ASK THE BUTCHER

Q *Can I substitute turkey sausage for less-lean types of sausage?*

A Turkey sausage is a good replacement for beef or pork sausage, especially if you want an option with less fat and calories. It comes in many varieties, including breakfast links and Italian style (hot and sweet) as well as fresh and frozen precooked options. Cook turkey sausage as you would any other type using a grill or skillet (with cooking spray) or griddle at even (no cooking spray needed). Cook thin links directly in the pan. With thicker links, add a little water to poach them a bit, then brown as usual. You'll find that versatile turkey sausage can be a great way to customize recipes.

– Danny Wodyga
North Brookfield, Mass.

DEEP-DISH PIZZA WITH TURKEY SAUSAGE AND FENNEL

good and healthy

Fennel bulbs contain vitamins and minerals, such as vitamin C, calcium, phosphorus, copper and potassium. Fennel has been used to aid digestion when consumed raw or as a tea made with fennel seed.

DEEP DISH PIZZA WITH TURKEY SAUSAGE AND FENNEL

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

Use a large oven-safe skillet or baking pan to make this loaded deep dish pie. This is an "eat with a knife and fork" kind of pizza. May be frozen.

- 1 (20 oz.) Hannaford® Multigrain or Wheat Pizza Dough Ball
- 6 Tbsp. part skim ricotta cheese
- ¼ tsp. freshly ground black pepper
- 1 medium fennel bulb
- ½ cup cooked turkey sausage crumbles
- 2 cups Nature's Place® Organic Crushed Tomatoes with Basil

1 Preheat oven to 500°F. Spray a large (12 inch) ovenproof skillet or 9 by-13 inch pan with vegetable cooking spray. Following the Dough Prep instructions (see page 42), stretch dough to fit snuggly into the bottom and partly up the sides of the pan.

2. Spread ricotta cheese over bottom of dough up to the sides. Sprinkle with pepper.
3. If desired, remove fronds from fennel bulb and reserve. Core bulb and dice – there should be about ½ cup. Scatter over ricotta, then sprinkle with sausage crumbles.
4. Bake pizza until just brown on top, about 12 to 15 minutes.
5. While pizza bakes, coarsely chop fennel fronds if using to yield about 2 to 3 Tbsp.

Heat tomatoes in a small saucepan just until simmering. Transfer to a gravy boat.
6. When pizza is ready, garnish with fennel fronds if using, slice, and serve with tomatoes on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 470 CALORIES, 70G CARBOHYDRATES, 26G PROTEIN, 7G FAT (2G SATURATED), 49MG CHOLESTEROL, 880MG SODIUM, 7G FIBER

SOFT BAKED PRETZELS

Using prepared pizza dough is a great way to make soft pretzels. Let a 20-ounce dough ball rest in a bowl at room temperature for 10 minutes. In a large bowl, make a "bath" with ½ cup baking soda and 4 cups hot water. Stir until soda dissolves.

Preheat oven to 450°F and line a couple of baking sheets with parchment paper. Divide dough into 12 pieces and roll each into a "snake" about 22 inches long. Form into a U, then cross the ends over, making a twist, and fold down to form a traditional pretzel shape. Pinch ends to attach them, then dip pretzel in soda bath and place on the prepared sheet. Sprinkle with kosher salt or coarse sea salt and bake until golden, about 10 to 12 minutes. Serve warm, with honey mustard if desired.

FLATBREAD WITH DILL SMOKED SALMON AND LEMON-YOGURT SAUCE

SERVES 4
ACTIVE TIME: 25 MINUTES
TOTAL TIME: 30 MINUTES

Dill and capers season the flatbread as it bakes, and then it's immediately topped with lemon yogurt sauce and smoked salmon. This attractive dish is great for brunch too—reminiscent of that classic combo: lox and bagels.

- 1 (20 oz.) Hannaford® Multigrain or Wheat Pizza Dough Ball
- 1 Bunch fresh dill
- 1½ Tbsp. capers
- 2 tsp. extra virgin olive oil
- ½ cup (2 oz.) reduced fat cream cheese, at room temperature
- 1 cup nonfat plain Greek yogurt
- 1 lemon
- ½ small red onion
- 1 (4 oz.) pkg. smoked salmon

1 Preheat oven to 300° F. Spray a rimmed baking sheet or round pizza pan with vegetable cooking spray. Following the Dough Prep instructions (see below) stretch dough to cover most of the space on the baking sheet.

2 Rinse dill and pat dry with a paper towel. Coarsely chop enough to yield ½ cup (about ½ to ¾ of the bunch); reserve remainder for another use. Press dill and capers into dough, covering as much dough as possible. Drizzle with olive oil.

3 Bake flatbread until just brown on the top, about 10 to 12 minutes.

4 While flatbread bakes, in a medium bowl, blend cream cheese and yogurt until smooth. Grate zest from lemon into bowl, then squeeze the juice and add 1 Tbsp. lemon juice (reserve any remaining juice for another use). Stir well to blend. Slice onion very thinly. Cut the smoked salmon into several pieces.

5 When flatbread is ready, spread lemon yogurt sauce over it. Top with onion slices and smoked salmon. Slice and serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 400 CALORIES, 60G CARBOHYDRATES, 34G PROTEIN, 8G FAT (2.5G SATURATED), 50MG CHOLESTEROL, 600MG SODIUM, 3G FIBER

DOUGH PREP

Remove the dough from the wrapper and place it in an oiled bowl to let it warm up. The oil on the surface of the bowl will keep the dough from sticking if you use it for a savory dish, olive oil works well, but if you are making a sweeter dish, stick with a more neutral vegetable oil. Ideally, you should give the dough at least 20 minutes come to room temperature. You can also put it in an oiled bowl in the morning and let it rest at room temperature for several hours. Turn the dough so it's coated with oil, then cover the bowl with plastic wrap or a small kitchen towel to keep the dough from drying out.

To work with the dough, sprinkle 1 to 2 Tbsp. of flour on a work surface, and dust your hands and both sides of the dough with flour. The flour will keep the dough from sticking. For best results, to shape the dough to fit your pan, see page 4.

Find your favorite Rosemary Potatoes, and Goat Cheese Grilled Pizza is [illegible] at hannaford.com.


SHOCK·TOP
PUMPKIN WHEAT
FALL FOR OUR
PUMPKIN
WHEAT
LIVE LIFE UNFILTERED.
SHOCK TOP
SHOCK·TOP
/SHOCKTOP
ENJOY RESPONSIBLY

COOKING WITH THE STARS

Going Greek

Tangy, velvety Greek yogurt is worthy of a resounding *opa!*

BY MATTHEW KADEY MS, RD

Over the past few years, the Dairy case has been filling with Greek yogurt choices. Nonfat Greek yogurt has a deliciously thick texture and refreshing tang, making it a popular snack and light meal. This yogurt is also creating quite a stir among dietitians for its nutritional firepower.

Traditionally, Greek yogurt is made by straining away the whey (the watery part that remains after milk has curdled) resulting in a thick and creamy product that contains about twice the protein of other yogurt types. A 6-ounce serving of plain nonfat Greek yogurt packs as much as 18 grams of protein, about the same amount found in 3 ounces of cooked chicken breast. This makes Greek yogurt an excellent hunger quelling snack option that can help build lean body mass.

Each delicious spoonful also serves up probiotics, healthy bacteria that are thought to improve digestive and immune health. Preliminary studies also suggest that taking in more of these friendly bugs can help fend off gingivitis, periodontitis, and other oral conditions. Some calcium is lost in the straining process for Greek yogurt, but it's still a great source of this bone builder providing about 20 percent of the daily quota in a 6-ounce serving. And more companies are now offering low and nonfat versions that are free of added sweeteners.

On top of its nutritional virtues, this protein filled treat is praised for being a multitasker in the kitchen. Greek yogurt's thick richness makes it a perfect stand in for mayonnaise or sour cream in a variety of savory dishes, like potato or tuna salad, and condiments such as our Roasted Red Pepper Dip. It can make dressings and puréed soups creamier and smoothies well smoother. Use it when making sauces for pasta dishes, like our take on an Alfredo sauce. What's more, you can substitute it for butter or oil to help keep baked goods, including muffins, scones, and cakes, wonderfully moist.

APPLE CINNAMON SCONES ★★★

SERVES 6

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 35 MINUTES

Using Greek yogurt to add fat-free moisture to these scones shows its versatility. If you can't find walnut or almond oil, substitute another healthy oil, like canola. Milled from lower gluten soft wheat, whole wheat pastry flour produces lighter baked goods than regular whole wheat flour, which is ground from hard wheat. The scones are best served warm with fruit juice–sweetened preserves. Recipe may be halved.

- 2 cups whole wheat pastry flour
- 2 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. ground cinnamon, plus additional for sprinkling (optional)
- ½ tsp. salt
- ½ cup plain nonfat Greek yogurt
- ⅓ cup walnut or almond oil
- 2 apples, peeled and shredded
- 2 tsp. vanilla extract
- ½ cup currants

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or spray with vegetable cooking spray.
2. In a large bowl, stir together flour, baking powder, baking soda, cinnamon, and salt.
3. In a separate bowl, stir together yogurt, oil, apples, vanilla, and currants. Add wet ingredients to dry, and gently mix just until combined. If the mixture looks too wet, add a little extra flour; if too dry, stir in a small amount of additional yogurt. Dough should be dry enough to form into a moist ball without being sticky.
4. Place dough on prepared baking sheet, evenly flatten into a disk about 1 inch thick. If desired, sprinkle surface with additional cinnamon. Score disk into 8 triangles and bake for 18 minutes, or until an inserted toothpick comes out almost clean. Let cool for several minutes before slicing into individual scones. Serve at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 240 CALORIES, 34G CARBOHYDRATES, 5G PROTEIN, 10G FAT (1G SATURATED), 0MG CHOLESTEROL, 70MG SODIUM, 5G FIBER


APPLE CINNAMON SCONES!

FOOD & HEALTH, RED BARN™ JANE SAVIER, FOOD STYLIST: ANDY MAGNUS

BETTER SWEET STUFF

[illegible] by purchasing plain, rather than flavored, Greek yogurt. You can add flavor with berries, vanilla extract, or sweet spices, like cinnamon or nutmeg. To keep the saturated fat [illegible] in check, opt for nonfat or low-fat Greek yogurt.

(ROASTED RED PEPPER DIP WITH HERBED TORTILLA CRISPS)

ROASTED RED PEPPER DIP WITH HERBED TORTILLA CRISPS ★★

SERVES 8
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 30 MINUTES

Roasted red peppers make this dip a truly flavorful and elegant appetizer (and one that cuts back on the sodium). Recipe may be halved, and dip may be frozen.

olive oil cooking spray
2 red bell peppers
3 (10 inch) whole wheat tortillas
1 tsp. dried thyme
1 tsp. dried oregano
1 tsp. onion powder
1 (14 oz. to 16 oz.) can chickpeas, rinsed and drained
1 cup plain nonfat Greek yogurt
1 shallot, chopped
2 Tbsp. fresh lime juice
½ tsp. smoked paprika
½ tsp. salt
½ tsp. freshly ground black pepper
assorted raw vegetables (optional)

1. Preheat broiler. Line a rimmed baking sheet with foil and spray with cooking spray. Slice red peppers in half lengthwise and discard seeds and stem. Arrange slices cut-side down on prepared sheet. Broil about 5 to 6 inches from the heat, until skins are well charred, about 10 to 12 minutes. Transfer peppers to a bowl and cover tightly with plastic wrap; let stand 20 minutes. When cool enough to handle, remove skins from peppers.
2. As peppers rest, preheat oven to 400°F. If the foil from the peppers is sticky with juices, discard and line baking sheet with a new sheet of foil and spray with cooking spray.
3. Stack tortillas on a work surface and slice into 16 wedges (for a total of 48 long triangles). Place wedges on baking sheet in a single layer — use a second sheet if needed so no wedges overlap.
4. In a small bowl, stir together thyme, oregano, and onion powder. Spray tortilla wedges with cooking spray, then sprinkle with herb mixture. Bake until golden and crisp, about 5 to 6 minutes. Watch carefully as they can go from just right to burnt very quickly. Remove from oven and let cool. When completely cool, store in an airtight container at room temperature.
5. Place roasted red peppers, chickpeas, yogurt, shallot, lime juice, paprika, salt and black pepper in a food processor or blender. Blend until just slightly chunky. Serve dip with tortilla crisps and, if desired, assorted raw vegetables.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 120 CALORIES, 19G CARBOHYDRATES, 8G PROTEIN, 2G FAT (0G SATURATED), 0MG CHOLESTEROL, 210MG SODIUM, 3G FIBER ●

GUIDING STARS®

Nutritious Choices Made Simple®

Guiding Stars is a patented program that lets you quickly see how a product or our shelves (or in one of our recipes) stacks up. Foods that earn stars offer the most nutritional value for the calories: one star is good, two is better, three is best. So just follow the stars for easier shopping and healthier cooking.

GUIDING STARS KEY
★ = good nutritional value
★★ = better nutritional value
★★★ = best nutritional value

Have questions about a gluten-free diet?

Hannaford's team of wellness professionals is here for you.

Your Hannaford registered dietitian is here to help.

Which of these ingredients contain gluten: wheat, rye, barley, oats, spelt, millet, bulgur, durum, farina, matzo, kamut, graham or semolina?

How do I know if I have celiac disease? What are the symptoms of gluten intolerance?

What tools are available at Hannaford that will help me to find products free of wheat, egg, dairy, nuts, and/or shellfish?

Chat live every Wednesday at noon with Kris on Hannaford's facebook page!

hannaford.com/dietitians

Your Hannaford pharmacist is here to help.

Can you tell me what fillers and/or dyes may be in my medication?

Is Hannaford able to special order a product for me that doesn't contain fillers that I'm allergic to?

What should I do if I think I'm having an allergic reaction to my medication?

hannaford.com/pharmacy

Pictured left:
Kris Lindsey, MPH, RD, LD
Hannaford Online Dietitian

Pictured right:
Angela Williams, R. Ph.
Hannaford Registered Pharmacist

ONLY AT HANNAFORD

Bread Winners

Let the "staff of life" make your life easier with these make-ahead dishes

BY JANE DORNBUSCH [illegible]

What do you get when you combine eggs, milk, leftover bread, and sweet or savory additions? An easy meal that's delicious, economical, and convenient. Called bread puddings, stratas, baked French toast, or pancakes, such dishes have long been a tasty way to use day-old bread. The French term their version *pain perdu*, or "lost bread," but it's bread that need not be wasted when it can be put to good use. (Even bread that's fresh — not stale — can be used successfully in our recipes.)

These dishes are great time savers, as they not only can but should be made ahead. The basic concept is to soak bread in an egg-and-milk custard and give the bread time — several hours or overnight — to absorb the liquid. That means you can assemble an easy, elegant brunch dish the night before, or put together the ingredients in the morning for a convenient supper that you can pop in the oven after work.

Although there are many sweet variations of bread pudding, these bread-based casseroles can easily go in a savory direction. You can enhance the dish by adding seasonings, sauces, or condiments to the custard mixture or by using fruits, vegetables, meats, and cheeses. It's a great way to use up leftover odds and ends in the fridge, making it an even more economical choice. Sturdy breads generally work best, but there are exceptions: egg-enriched breads like challah or brioche are great for baked French toast.

No matter what you have on hand, don't even think about throwing away that day-old loaf. Make it new again with these easy recipes.

PUMPKIN PECAN BAKED FRENCH TOAST

SERVES 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 5 HOURS, 30 MINUTES UP TO OVERNIGHT, DEPENDING ON SOAKING TIME

This baked French toast is made with braided challah bread and a pumpkin-infused custard. May be frozen.

- 5 eggs
- 2½ cups Nature's Place® Organic 1% Milk
- 1 (12 oz.) jar Taste of Inspirations® Pumpkin Spice Butter
- 1 (8 oz.) pkg. whipped cream cheese, at room temperature
- 1 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- ½ cup Taste of Inspirations® Greek Nonfat Vanilla Yogurt
- 1 (1 lb. loaf) challah bread, cut into 12 slices
- ½ cup light brown sugar, packed
- ½ cup chopped pecans
- 2 Tbsp. salted butter, chilled, cut into small pieces
- whipped cream (optional garnish)
- Nature's Place® Organic Maple Syrup (optional)
- mixed berries (optional garnish)

1. Spray a 9 by-13-inch pan with vegetable cooking spray. In a medium bowl, whisk together eggs, milk, and Pumpkin Spice Butter until well combined. Pour half the mixture into prepared pan.
2. In a separate bowl, mix cream cheese, cinnamon, nutmeg, and yogurt on medium speed until smooth.
3. Spread a layer of cream cheese mixture on half the challah slices. Top with remaining slices, making 6 sandwiches. Cut each in half and fit snugly in egg mixture in pan (cut some pieces in quarters if needed). Pour remaining egg mixture over top of bread, moistening all the bread. Cover pan with foil and refrigerate at least 4 hours, up to overnight.
4. To bake, remove pan from fridge. Remove foil. Preheat oven to 350°F.
5. In a small bowl, combine brown sugar and pecans. Rub in butter until mixture is crumbly. Sprinkle over surface of French toast.
6. Bake uncovered until top is puffed and golden and liquid has been absorbed, 35 to 45 minutes. Let stand for 10 minutes, then serve. If desired, top with whipped cream, maple syrup, and mixed berries.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 600 CALORIES, 19G CARBOHYDRATES, 15G PROTEIN, 23G FAT (9G SATURATED), 161MG CHOLESTEROL, 450MG SODIUM, 2G FIBER

(PUMPKIN PECAN BAKED FRENCH TOAST)

FOOD: LUCY TODD; PROP STYLING: CATHRIE GILLIV

wine & beer suggestions

Mediterranean Bread Pudding calls for something fruity and tangy: like **Lagaria Pinot Grigio**. For the Mexican Strata, **Beringer Chenin Blanc**, with its crisp citrus, melon, and spicy ginger notes, makes a fitting partner. Or pair the south of the border flavors with a **Dos Equis**, Mexico's famous light-bodied pale lager. If you're enjoying the Pumpkin-Pecan Baked French Toast at a brunch party, accompany it with sweet yet crisp **Barefoot Bubbly Moscato Spumante**, a festive choice.

MEDITERRANEAN BREAD PUDDING

MEDITERRANEAN BREAD PUDDING

SERVES 8
ACTIVE TIME: 40 MINUTES
TOTAL TIME: 6 HOURS UP TO OVERNIGHT
DEPENDING ON SOAKING TIME

If bread pudding sounds like dessert, think again. This savory version is sure to please. Prepare it in the morning, then pop it in the oven for dinner.

- 1/2 of a 16 oz. loaf Taste of Inspirations® Simple Focaccia, cut into 1 inch cubes (8 to 9 cups)
- 1 Tbsp. olive oil
- 2 red bell peppers, seeded and chopped
- 2 cups chopped Nature's Place® Organic Baby Spinach
- 2 Nature's Place® Italian Chicken Sausages, cut in ½ inch slices
- 12 Taste of Inspirations® Pitted Kalamata Olives, halved
- 4 oz. marinated artichoke halves, drained and coarsely chopped
- ½ cup Taste of Inspirations® Crumbled Feta Cheese
- 5 eggs
- 1½ cups Nature's Place® Organic 1% Milk
- 1 (12 oz.) can reduced fat evaporated milk
- 1 Tbsp. Taste of Inspirations® Roasted Garlic Mustard

1. Preheat oven to 350°F. Spray a 9-by-13-inch pan with vegetable cooking spray. Set aside.
2. Spread bread cubes on a rimmed baking sheet in a single layer. Use 2 sheets if needed. Bake until slightly golden and toasted, about 12 to 15 minutes. Let cool.
3. Heat oil in a large nonstick skillet over medium heat. Add peppers and sauté until beginning to soften, about 7 to 9 minutes. Add spinach and sauté until spinach is wilted and veggie liquid has evaporated, 1 to 2 minutes. Transfer to a large bowl.
4. In the same pan, brown sausage slices on both sides, about 5 minutes. Add to bowl with peppers, along with toasted bread cubes, olives and artichoke hearts. Toss to mix well, then stir in feta cheese.
5. In a medium bowl, whisk eggs, then whisk in milk, evaporated milk, and mustard until well combined. Pour over bread [illegible] cubes. Pour mixture into prepared baking pan, making sure to pour all the egg mixture into the dish. Cover pan and refrigerate until ready to bake, at least 4 hours and as long as overnight.
6. When ready to bake the bread pudding, remove pan from fridge and preheat oven to 350°F. Bake, covered, for 20 minutes, then remove foil and continue to bake for another 20 to 25 minutes, until top is golden brown and custard is set. Let stand for 5 minutes, then serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 320 CALORIES, 31G CARBOHYDRATES, 17G PROTEIN, 12G FAT (3.5G SATURATED), 144MG CHOLESTEROL, 730MG SODIUM, 2G FIBER

WHAT'S IN A NAME

Strata, bread pudding, panade, baked French toast: these are all names for variations on the theme of soaked-bread casserole. A strata generally includes layered slices of bread, baked French toast also typically calls for whole slices of bread, sometimes overlapping, sometimes stuffed. Panades and bread puddings both use bread cut in cubes, but a panade may use broth as the moistening liquid instead of eggs and milk.

good and healthy

All these dishes have eggs in common, so even the vegetarian versions provide plenty of protein. Eggs were once shunned by those concerned about cholesterol, but recent research suggests that, when consumed in moderation, eggs do not increase the risk for heart disease. And beyond protein, eggs also provide vitamins, minerals, and other valuable nutrients.

MEXICAN STRATA

SERVES 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 5 HOURS 30 MINUTES UP TO OVERNIGHT (DEPENDING ON SOAKING TIME)

South of the border flavors combine to make a savory brunch dish. May be frozen.

- 5 eggs
- 1 cup Nature's Place® Organic Mild Salsa, plus additional for serving (optional)
- 2 cups Nature's Place® Organic 1% Milk
- 1 tsp. Taste of Inspirations® Cabo Chipotle Rub
- 1 (19 oz.) loaf Taste of Inspirations® Monterey Sourdough Bread, cut in 8 slices
- 1 (4.5 oz.) can chopped green chilies
- 1/2 cups frozen Nature's Place® Organic Sweet Cut Yellow Corn
- 1 (15 oz.) can Nature's Place® Organic Black Beans, rinsed and drained
- 2 scallions, thinly sliced
- 1/2 cups shredded Taste of Inspirations® Pepper Jack Cheese
- 1 cup coarsely crushed Nature's Place® All Natural Yellow Corn Tortilla Chips
- 1/2 cup chopped Nature's Place® Organic Cilantro (optional)
- 1 (6 oz.) pkg. Taste of Inspirations® Plain Nonfat Greek Yogurt (optional)
- 1 lime, cut into wedges (optional)
- 1 avocado, coarsely chopped (optional)

1. Spray a 9 by 13-inch pan with vegetable cooking spray.
2. In a medium bowl, whisk together eggs, salsa, milk, and rub. Pour half the mixture into prepared pan.
3. Place bread in pan in a single layer, cut to fit if needed. Sprinkle chilies, corn, beans and scallions over top. Pour remaining egg mixture over dish, moistening all the bread. Cover dish with foil and refrigerate at least 4 hours, and as long as overnight.
4. Preheat oven to 350°F. Sprinkle surface with half the cheese. Then with chips. Then with remaining cheese. Cover pan with foil sprayed with vegetable cooking spray. Bake for 20 minutes, then remove foil and bake until top is golden and filling is set (20 to 25 minutes). Let stand for 5 minutes. Serve with additional salsa, cilantro, yogurt, lime wedges, and avocado in small bowls on the side, if desired.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 430 CALORIES, 60G CARBOHYDRATES, 23G PROTEIN, 12G FAT (5G SATURATED), 140MG CHOLESTEROL, 830MG SODIUM, 4G FIBER.

EVERYDAY INDULGENCE

all natural artisan breads

Our unique Taste of Inspirations® artisan breads are handcrafted by master bakers using old world recipes. Each loaf is hand formed and finished on a natural stone hearth to create a deliciously satisfying eating experience. Flavorful, all natural ingredients make our Taste of Inspirations® artisan breads a perfect match for grilled meats and vegetables or a hearty accompaniment to soups, stews, and salads.

the sourdough story

Sourdough has been used to make leavened bread since the ancient Egyptians. Our Taste of Inspirations® sourdough loaves are crafted with the finest ingredients, including 100 percent extra virgin olive oil, with never any artificial additives or preservatives. The result is a crisp crust surrounding a smooth, chewy interior. Serve our artisan sourdough bread with meals, or use these substantial loaves as a bowl for your favorite soup, chili or dip. Beautiful – and beautifully made – our Taste of Inspirations® artisan sourdough bread will be a special addition to your table.

glutino
always gluten free

the possibilities *are endless*

www.glutino.com

We've got you covered.

breakfast | midday snack | brunch | lunch | dinner | dessert

EVERY MEAL. EVERY TIME. EVERYWHERE.

It's easy to have your gluten free and eat it too. Midnight snack, post workout meal, potluck casserole : we've got you covered with your favorite GF certified Udi's products.

udi's Gluten Free

Visit us on the web!
www.udisglutenfree.com

Certified GF Gluten Free